

# Chicopee Register

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## COVID-19 concerns follow into the new year

**By Dalton Zbierski**  
Staff Writer

CHICOPEE – The calendar has been flipped to 2021, but Chicopee's COVID-19 concerns are just as pressing. On Jan. 6, the Chicopee Health Department reported there were 953 active cases of the novel coronavirus in the city.

Since the onset of the pandemic last year, Chicopee has reported an accumulative total of 2,554 COVID-19 cases.

The virus has claimed 23 lives in the city, and 1,480 residents have recovered from the illness; 98 cases can be traced

to non-Chicopee residents residing in assisted living facilities within the city's limits.

Mayor John Vieau addressed the state of COVID-19 in the city during his Mayor's Briefing prior to the Jan. 5 meeting of the City Council. The arrival of vaccines in the Commonwealth is fueling Vieau's optimism.

"We can get through this time of uncertainty. There is a light at the end of the tunnel," said Vieau. "We're into 2021, and the vaccines are here. They're coming into Massachusetts. I ask the people who will be watching this to please

be patient. We will do everything we can as a municipality to fight to get you your vaccines."

The state is currently in Phase 1 of its COVID-19 vaccine distribution timeline. Under the current phase, inoculations are available to clinical and non-clinical healthcare workers who are working directly with COVID-19 patients, or are otherwise in danger of contracting the virus.

First responders, employees at long-term care facilities, rest homes and assisted living facilities, individuals working in congregate care settings,

home-based healthcare workers and healthcare workers that are not treating COVID-19 patients are all in line to receive vaccinations as part of Phase 1.

Phase 2 is set to begin in February. Under the second phase, individuals with two-plus comorbidities and/or individuals who are above the age of 75 and are at risk for COVID-19 complications will be inoculated. Adults over 65 and individuals with one comorbidity are also eligible for vaccinations during Phase 2.

Essential workers such as

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### COMMUNITY Body found in Chicopee park

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### COMMUNITY McKinstry Market Garden rebuilds store

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## New Medic 2 ambulance unveiled



[L to R] Fire Chief Dan Stamborski, Chicopee Mayor John Vieau and Ward 8 City Councilor Gary Labrie stand with members of the Chicopee Fire Dept. in front its new apparatus on Tuesday morning.

**By Dalton Zbierski**  
Staff Writer

CHICOPEE – With the arrival of the new year, the Chicopee Fire Department has also welcomed the addition of a new ambulance. A small ceremony was held outside the Chicopee Public Safety Complex on Jan. 5 to celebrate the new apparatus.

"We're retiring an ambulance that's a 2009 [model] and has 190,000 miles on it," said Deputy Chief Matthew Cross. "This is a Medic 2, replacing a Medic 2. We're getting a much more reliable vehicle, we're definitely reducing maintenance costs, and we are getting a safer, more efficient truck."

The PL Custom Emergency Vehicle originated in Manasquan, N.J., where it was built by PL Custom, a dealer that has delivered emergency vehicles to public safety departments throughout the country for more than seven decades.

The Chicopee department spent countless hours gauging the opinions of the city's neighboring departments while researching potential models and vendors. Firefighters and medics in Chicopee were also asked to give input



Mayor John Vieau sits in the driver's seat of the city's newest ambulance on Jan. 5.

until a final design was created.

"[PL Custom] built this to have a Ford chassis; they put their own box on, and we kind of almost mimicked what our other trucks are. We had them set up the shelving. Everything in the truck is pretty much the same as our old truck just to keep it consistent," said Cross.

Last month, the vehicle was delivered to New England Fire Equipment & Apparatus in New Haven, Conn. Cross and Fire Chief Dan Stamborski traveled to Connecticut to inspect the apparatus – and left impressed.

The ambulance arrived in Chicopee on Monday and is expected to be put into service next week. Mayor John Vieau, who attended the ceremony, voiced his positive impression of the new vehicle during his Mayor's Briefing on Tuesday evening.

"We're very fortunate to receive our new ambulance; that will be our fourth ambulance, and [Chicopee] really needed it," said Vieau. "This one is gasoline-fired; it won't be diesel. It's a different motor, and they've done a lot of

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## Construction interferes with ChicopeeTV broadcasts

**By Dalton Zbierski**  
Staff Writer

CHICOPEE – For the past several weeks, residents have been unable to view meetings of the Chicopee City Council on Charter Channel 191, the home of ChicopeeTV.

An unexpected delay on the expansion of the City Hall Annex parking lot has left ChicopeeTV unable to produce television broadcasts of meetings that occur inside of the City Hall Chambers on the building's fourth story.

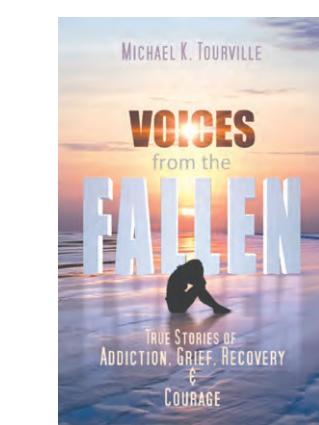
The dilemma was discussed during Mayor John Vieau's Jan. 5 meeting, which was still accessible on ChicopeeTV's Facebook page. Vieau explained why the ChicopeeTV broadcast van cannot station itself in its normal position in the parking lot outside of the annex building.

"The parking lot was started, and there was some unforeseen ground water that was brought to our attention," said Vieau. "On that note, they ran into a drainage problem. That's being recalculated, and we're doing a change order to see what it would cost to backfill and reopen the parking lot."

Councilor-at-Large Frank Laflamme brought the problem to Vieau's attention after receiving numerous phone calls from upset constituents. He asked why ChicopeeTV could not install a longer wire to smooth out the issue.

"I understand the drainage issues and the unknowns of everything, but we're talking about a wire. I just don't understand how, in today's world we live in, that we can't go from this window to the street, which is 30 more feet. It just surprised me," said Laflamme.

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### FACES & PLACES Author chronicles heroin addiction

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### SPORTS Football committee mulls tourney options

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# Country star finds body in Chicopee park

**By Dalton Zbierski**  
Staff Writer

CHICOPEE – New Year's Eve did not go as planned for Tyler Rich, a Nashville-based country singer, who discovered a dead body inside of Chicopee Memorial State Park off Burnett Road on Dec. 31. His story has gained national attention over the past week.

After crossing a dam, Rich, 34, entered a wooded area approximately two-and-a-half miles into the trail. Stumbling upon what he perceived to be a homeless man sleeping face-down, Rich attempted to offer aid before fully comprehending the situation.

"I realize he isn't breathing, and as I get around to the front of him, all I see is a lifeless face covered in blood everywhere. At this moment, I freak out and sprint up the steep hill to try and find anyone with a phone to call the police," said Rich, who recounted the discovery on Twitter on Jan. 1.

Rich only had an Apple Watch in his possession but was quickly able to find a couple walking about 30 yards away, who lent him a phone. Various law enforcement agencies arrived on scene.

"I spent a couple hours doing statements with State Troopers, FBI, local



PHOTO BY DALTON ZBIERSKI

Chicopee Memorial State Park: Country singer Tyler Rich made national headlines on New Year's Eve when he discovered a dead body in Chicopee Memorial State Park, located off of Burnett Road.

police and detectives. This young man looked like he was maybe 18-25; couldn't tell because of all of the blood, but his skin was still white. It didn't look like it happened too long before I got there," said Rich.

Rich made his way to Chicopee on New Year's Eve with his wife, Sabina Gadeck, a former Miss Polonia America and Miss Polonia World, who graduated from

Chicopee High School in 2001. The grisly discovery left an immediate impact on the famed musician.

"I'm doing what I can to process this; the image, the reality," said Rich. "It's been a rough 24 hours; something I'll never unsee or forget the couple minutes when it was just him and me down at the water, as I figured what the hell was going on and what I was going to do."

Donna Liszka, the Chicopee Police Department's public information officer, stated on Jan. 4 that the Massachusetts State Police are investigating, and that the Chicopee department assisted in the response on Dec. 31.

It is believed by law enforcement officials that the incident was likely a suicide. In a Dec. 31 statement, James Leydon, Spokesman for Hampden District Attorney Anthony Gulluni, attempted to put residents at ease.

"There is no threat to public safety related to this incident, which does not appear to be criminal in nature," said Leydon.

Rich made it clear he will carry the haunting memory of his New Year's Eve jog for years to come. Knowledge that he didn't come across a murder scene brought him some closure.

"After sometime, the officers found a gun in one of his hands under his body, which means it potentially could have been a suicide," said Rich. "Not that there is any type of thing that could help me cope with finding him like this, but knowing for sure he wasn't discarded by someone else, and that he was where he wanted to be, will help put me at ease. Rest in peace, friend."

Dalton Zbierski is a Staff Writer and can be reached at dzbierski@turley.com.

## Elder Law Attorney Zoom workshop

CHICOPEE – The Council on Aging will offer an Elder Law Attorney Zoom workshop on Wednesday, Jan. 27 at 11 a.m.

Join Jeremy F. Edwards, JD, MBA, of Sites & Edwards, PC for a Zoom workshop to discuss the basics of estate planning. The presentation will cover wills, health care proxies, durable power of attorney forms, ben-

ficiary designations, and revocable trusts.

This Zoom link will be available on Facebook or by calling (413) 534-3698. Registration is not necessary, but is appreciated. If you call to register, you will be asked to provide email and phone number to have the Zoom link sent to you and to receive a reminder call of the workshop.

## 'Stop Smoking & Start Living' Zoom series

CHICOPEE – The Council on Aging will offer the Zoom Series "Stop Smoking & Start Living" Saturday, Jan. 16 and 23 at 10 a.m.

Are you tired of smoking and having cigarettes control your life? If you said 'yes' and you're finally ready to be a non-smoker, then Robin Davis will help you stop smoking forever for a healthier life!

This series is \$25 and participants must register in advance by calling (413) 534-3698. Payment must be made before the first session by dropping or mailing off check or cash to RiverMills Center. Checks may be made out to Robin Davis. Participants will receive an email with the Zoom link upon registration.

## RiverMills Center launches tablet lending program

CHICOPEE – The Chicopee Council on Aging has launched a tablet lending program for Chicopee seniors ages 55 and older who have internet access, but do not have an updated device to get on the internet successfully.

These tablets can be used to get online, play games, or join Zoom pro-

gramming. This program will allow seniors to sign out a device for up to three weeks at a time. The tablets will also have charging and typing accessories, as well as a basic user guide.

Anyone interested in borrowing a tablet can contact Program Technician Jona Ruiz at (413) 534-3698 ext. 104.

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## 'Meal Planning, Groceries & Goal Setting' Zoom presentation

CHICOPEE – The Council on Aging will offer the program "Meal Planning, Groceries & Goal Setting" on Wednesday, Jan. 20 at 10 a.m.

In this workshop led by Ascentria Care Alliances Snap-ED program, participants will learn meal and menu planning strategies to help prepare healthy and affordable dishes. We will review the benefits associated with meal plan-

ning, tips for getting started with menu planning, grocery shopping strategies to help stretch food dollars, and setting goals for eating healthy and staying active.

Program Zoom links are available on RiverMills' Facebook events page, the City website (search COA Chicopee RiverMills Reminder) or by calling (413) 534-3698.

## Man arrested for attempts to burn Springfield church

SPRINGFIELD – Dushko Vulchev of Houlton, Maine has been arrested and charged with several counts of malicious damage and three counts of attempted arson of the Martin Luther King Presbyterian Church at 14 Concord Terrace in Springfield.

There was one attempt to burn the church on Dec. 13, and two on Dec. 15, 2020. He was arrested on Friday, Jan. 1, 2021 by Pittsfield Police and was being held on bail for arraignment Monday

morning in Pittsfield District Court.

The investigation into the fire that damaged the church on Dec. 28, 2020 is ongoing.

The investigation team includes members of the Springfield Arson and Bomb Squad, Springfield Police detectives, State Police assigned to the Office of the State Fire Marshal, agents from the Federal Bureau of Investigation (FBI) and the federal Bureau of Alcohol, Tobacco, Firearms and Explosives (ATF).

## HCC class promises happier new year

HOLYOKE – Past year got you down? Need a brighter outlook for 2021?

Holyoke Community College has a class for you.

HCC is partnering with Pam Victor, president and founder of Happier Valley Comedy, to offer "Establishing Resilience: Building Happiness," a 2½ hour Zoom workshop on Sat., Feb. 6, from 11 a.m. to 1:30 p.m.

Victor, a comedian and improv facilitator who prefers the title "head of happiness," will lead participants on an experiential exploration of happiness and resilience building to enhance their joy and ease at work and home. She will share stress-relieving exercises and techniques to help people bring more well-being, laughter, gratitude, and play into their daily lives.

"Finding more joy in 2021 is a priority for me," said Michele Cabral, HCC executive director of Business, Corporate and Professional Development. "As a participant in Pam's 30-day 'Happiness Experiment,' I can tell you without doubt that this class is for everyone. In this single session, participants will get an introduction into the full program while Pam shares many useful tips and resources to help people get an uplifting start to the new year."

According to its website, [happiervalley.com](http://happiervalley.com), Happier Valley Comedy, based in Hadley, is Western Mass's first and only comedy theater and training program:

The cost of the Feb. 6 class is \$99. To register, please go to: [hcc.edu/happiness](http://hcc.edu/happiness)

Send your stories and photos to [elinscott@turley.com](mailto:elinscott@turley.com)

# McKinstry Market Garden rebuilds farmstand

By Elise Linscott  
elinscott@turkey.com

CHICOPEE — McKinstry Market Garden is known for its farm-grown sweet corn, tomatoes, and family-run operation. This spring, the farm will also open a new store, which will be double the size of the previous farmstand.

Nicole McKinstry, who runs the farm alongside her husband Bill and sons Warren and Will, said the old building was demolished on Dec. 22. They're hoping to have the new store open for business by May 1 and to extend its season; the old store was open for six months, but the new store will likely remain open from Easter until Christmas moving forward.

"They're eager about expanding," McKinstry said of her sons. "What we had before didn't work — it needed some updating, and we definitely outgrew it."

This summer, the store will also serve hard and soft ice cream. Bill McKinstry said there are also plans for an upscale, expanded bakery, which will be available during the week, rather than only on weekends as it was previously. The store will also sell frozen, grass-fed beef and locally made chicken pies, as well as jams, jellies, and prepared (sliced) fresh vegetables.

"The boys want to turn this farm more into destination farm, rather than just a farmstand where you get your corn," Nicole said. "We'll be offering more of a variety of fresh, local things,



COURTESY PHOTOS

Nicole, Warren and Bill McKinstry in front of the old McKinstry Market Garden store, which was demolished in December. The new, expanded store will likely open May

and the things we're buying (to sell in the store) will be local as well."

The new building will be about 7,200 square-feet, versus about 3,200 square feet in the old store.

Warren and Will McKinstry have worked on the farm since they were kids, and the love and support they've received from the community over the years helped nurture them growing up, Nicole said.

"They just loved it, and they think farming is in their blood," she said. "It's amazing, the amount of people that wanted to see them succeed."

Last year, Bill's father, Alfred McKinstry, passed away, leaving many local residents and farm visitors with questions about who would take over the farm's operations. Will has "picked up where his

grandfather left off," Nicole said, while Warren runs the store and "does a phenomenal job."

While the family is looking forward to the next chapter for McKinstry Market Garden, they said their customers are the main reason they want to expand their operations.



The McKinstry family with Bill's father, Alfred McKinstry, shortly before he passed away.

"We wouldn't be able to do this without the continued support we've had from all the years we've been in business," Bill said. "We would like to thank our customers. The feedback on social media is that everybody is excited about this. We're excited about it, too, and that the boys want to continue the farm. We look forward to a new chapter of McKinstry Market Garden."

McKinstry Market Garden is located at 753 Montgomery St. in Chicopee.

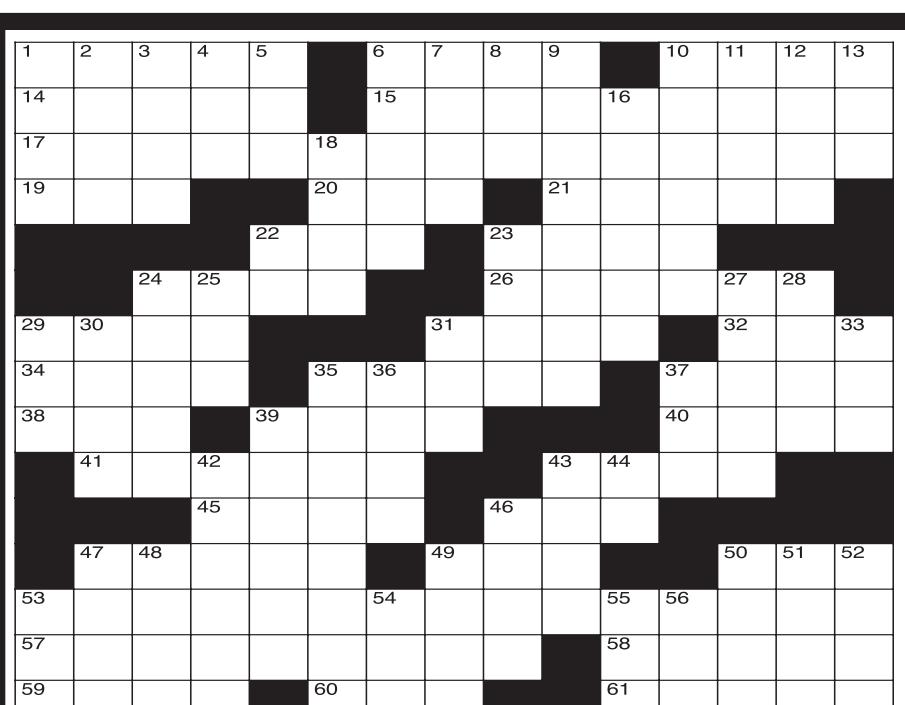


McKinstry Market Garden first opened in 1908.

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#### CLUES ACROSS

- 1. Partner to "oohed"
- 6. Relaxing places
- 10. Humorous monologue
- 14. Simple elegance
- 15. Bearable
- 17. Disobedience
- 19. Express delight
- 20. Gov't attorneys
- 21. Wake up
- 22. A type of band
- 23. Remain as is
- 24. Turfs
- 26. Battle-ax
- 29. Volcanic crater
- 31. The mother of Jesus
- 32. One's life history
- 34. "Rule, Britannia" composer
- 35. Doubles
- 37. Jacob \_\_\_, American journalist
- 38. House pet
- 39. S. African river
- 40. Broad sashes
- 41. Establish as a foundation
- 43. KGB double agent Aldrich \_\_
- 45. Part of a book
- 46. Taxi
- 47. Pancakes made from buckwheat flour
- 49. Train group (abbr.)
- 50. Frames per second
- 53. Have surgery
- 57. Formal withdrawal from a federation
- 58. Guitarist sounds
- 59. Greek war god
- 60. 2,000 lbs.
- 61. Helps escape

#### CLUES DOWN

- 1. Currency exchange charge
- 2. River in Tuscany
- 3. Breakfast dish
- 4. Defunct European currency
- 5. Upper class young woman
- 6. Part of a purse
- 7. Self-contained units
- 8. Boxing's GOAT
- 9. Legislators
- 10. Flightless birds
- 11. U. of Miami's mascot is one
- 12. Floating ice
- 13. Low, marshy land
- 16. Seldom
- 18. Lyric poems
- 22. Law enforcement agency (abbr.)
- 23. Full extent of something
- 24. \_\_ Claus
- 25. Naturally occurring solid material
- 27. Acquired brain injury behavior science (abbr.)
- 28. Thirteen
- 29. Partner to cheese
- 30. Member of a Semitic people
- 31. One thousandth of an inch
- 33. Former CIA
- 35. Most leemony
- 36. Engage in
- 37. Small Eurasian deer
- 39. Provisions
- 42. All humans have them
- 43. Swiss river
- 44. Storage term (abbr.)
- 46. Famed Broadway lyricist Sammy
- 47. Dutch colonist
- 48. Full-grown pike fish
- 49. Egyptian sun god
- 50. Flute
- 51. Flew off!
- 52. Scottish tax
- 53. Young women's association
- 54. Populous Brazilian city
- 55. Malaysian Isthmus
- 56. Pointed end of a pen

ANSWERS ON PAGE 8

## Coalition hears Baystate update on virus

*Professor provides a virus overview*

By Eileen Kennedy  
Staff writer

REGION – The Quaboag Hills Community Coalition hosted Molly Gray, president and chief administrative officer for Baystate Health Eastern Region, and Megan W. Harvey, a Springfield College professor to provide perspectives on COVID-19 during a Zoom call Dec. 21.

Gray said Baystate's seven-day positivity rate that week was 8.1%, which is about the highest the healthcare company has seen. "But it's consistent with what's happening across the state," she said.

She said there were 158 of COVID-19 cases within Baystate's hospitals as of Monday, Dec. 21.

The big news she had to share was 2,127 employees just got their first dose of Pfizer's COVID-19 vaccine. "This could be a turning point," Gray said. Since Pfizer and Moderna vaccines differ somewhat although each needs two doses several weeks apart, she emphasized it is important to stay with the same manufacturer for the second shot.

As of that morning, Baystate officials had just 260 vaccinations left to give out, and hopes are that Moderna's COVID-19 vaccines will be on the way shortly; they've been ordered but they haven't yet arrived, she said.

The vaccines are given in a central location so those receiving shots can be monitored for any side effects. A small number of those receiving the vaccine may have an anaphylactic reaction to it, so



Molly Gray, administrative officer for Baystate Health Eastern Region.



Megan Harvey, health sciences professor at Springfield College.

benadryl and EpiPens are kept on hand. Of the 2,500 people receiving a vaccine at Baystate, three people experienced an immediate reaction but felt fine after taking benadryl, she said.

Gray said Baystate system-wide has 250 employees who are out with COVID-19, or must quarantine themselves after being exposed to the coronavirus. "Every little bit helps or hurts us," she said about the ups and downs of having staff out or having them back to work.

"The good news is what we're not seeing is the flu," Gray said. Healthcare officials across the country have worried here would be a "twindemic" of the flu and COVID-19 cases, which could overwhelm hospitals.

She said it has been really taxing and really tough for frontline workers, and JAC Patrissi, facilitator of the meeting, asked her to convey the group's gratitude for all their work.

Gray asked those attending to join her in role-modeling good behavior during the pandemic such as mask wear-

ing, social distancing and refraining from large holiday gatherings.

### Epidemiologist

Springfield College Professor of Health Sciences Megan Harvey said it is exciting because it looks like science will save the day with COVID-19 vaccines, which will help particularly frontline workers.

She said it is made of DNA from the coronavirus, which is then flipped to become RNA, but contains no actual virus material.

The coronavirus is more infectious than Ebola but less infectious than measles, mumps or rubella, but it's infectious enough to have its growth be exponential, she said.

Even with best estimates of COVID-19 deaths, the numbers indicate more people have died during the year than usual, and some of them are likely related to COVID issues.

As far as transmissions are concerned, big and small particles of the virus are spread, but it is also an airborne disease, because tiny particles can be suspended in the air for longer times and travel further making good ventilation important.

When asked about an evolved version of the virus recently found in England, Harvey said that's what viruses do, they evolve, and often become more infectious. However, with the increase in its infectiousness, the virus usually doesn't become deadly, she said, and expects this coronavirus to be no different.

### Schools

Harvey said she expects vaccines will be offered in the spring and summer, but the vaccines are not for children under 18 as of yet. "I expect next fall to be a much more normal school year." She also expects the rest of the school year will remain in the hybrid model, with a cou-

ple of days in-person and the remainder through remote learning. She said it was probably unrealistic to expect schools could return to a full in-person schools this school year.

Although vaccines are becoming available, she said all safety measures must stay in place to reduce the spread, including mask wearing, six-foot distancing and having adequate ventilation. She said it is thought that there is not a lot of spreading through surfaces.

She said children are less likely to develop COVID-19, and if they do, they usually have a less severe case compared to adults. Children often have no symptoms or very mild symptoms.

When asked about herd immunity, Harvey said it means when a large enough percentage of the population has immunity against the virus.

She pointed to measles, which has about a 90% immunity rate these days, and to have immunity from COVID-19, 70 to 75% of the population would have to be immune for the cases to decrease.

Harvey also said it is clear that it has been harmful for students to not be in school. "It isn't clear if that's from the anxiety of living in a pandemic," she said, or being out of school without the fun of socialization. She also said students are experiencing more anxiety and depression, as are adults.

She said the only way to really stop the virus is by frequent testing of once or twice week, and then following up with contract tracing. It's an expensive proposition to do that testing, which is why it is mostly private schools and colleges that can afford to carry it out.

She was optimistic that "science helped save the day."

"I feel very hopeful that by February we'll be coming down the other side," Harvey said.

## know what's happening in CHICOPEE

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- Bellamy Middle School – 314 Pendleton Ave
- Berkshire Bank – 1339 Memorial Drive
- Birch Park Place – 630 Chicopee St
- Bob's Bakery – 218 Exchange St
- Boys & Girls Club – 580 Meadow St
- Brad's Convenience – 760 Front St.
- C Town - Hoytne – 13 Cabot St
- CAT Pizza – 982 Chicopee St
- Calvo Liquors – 220 Exchange St
- Cariberry Arms Apartments – 165 East Main St
- Cavalier Restaurant – 366 Chicopee St.
- Carter Cleaners – 82 Center St
- Chamber of Commerce – 264 Exchange St
- Chicopee Academy – 650 Front St
- Chicopee Comp – 617 Montgomery St
- Chicopee Elks Club – 431 Granby Rd

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Our online newspaper flipbook is updated weekly too!

## Horace Smith Fund scholarship and fellowship information meetings in January

REGION – The Horace Smith Fund, now in its 121st year, has scholarship and fellowship money available for graduates of Hampden County public and private high schools.

Two online information meetings are scheduled for Monday, Jan. 11 at 7 p.m. and Sunday, Jan. 24 at 2 p.m. for parents and students. To secure an invitation to attend, write [info@HoraceSmithFund.org](mailto:info@HoraceSmithFund.org). Each session is about 40 minutes long and will include a question-and-answer period.

Scholarships awards of \$12,000 are distributed as \$3,000 annually and renewable each year until graduation. Fellowship awards of \$15,000 are distributed as \$5,000 annually and renewable for two additional years. Students must maintain at least a B average in college.

Recipients are selected on a variety of criteria, including financial need, cumulative graduating GPA, extra-curricular activities, recommendations, and college

entrance exam scores, if applicable. Of great importance is a personal written account of why the student feels deserving of financial assistance. Additionally, fellowship applicants must also submit their GRE or degree-specific test scores, if applicable. All recipients must be full-time students and residents of Hampden County.

Last year, \$297,000 was awarded to 24 individuals. Scholarships were given to 18 graduating seniors from Hampden County high schools. Three scholarships were also awarded to current college students to assist them in completing their undergraduate degrees. Three fellowships were given to college graduates pursuing graduate degrees, who had graduated from Hampden County high schools.

The Horace Smith Fund was established in 1899 by the successful and generous philanthropist named Horace Smith, co-founder of Smith & Wesson, located in Springfield. The scholarships and fellowships are named for Walter S. Barr, a West Springfield businessman, whose widow left the bulk of the family estate to The Horace Smith Fund in 1950.

Completed applications must be received either electronically or by mail to The Horace Smith Fund at 16 Union Avenue, Suite 2K, Westfield, MA 01085 no later than March 15, 2021. Applications are available online at [www.HoraceSmithFund.org](http://www.HoraceSmithFund.org) or by phoning the office at (413) 739-4222.

## Chicopee Register OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$120, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: [obits@turley.com](mailto:obits@turley.com).

*Exceptions will be made only when the family provides a death certificate and must be pre-paid.*

## New book details heroin addiction in western Mass.

**By Dalton Zbierski**  
Staff Writer

AGAWAM – During the COVID-19 pandemic, another grave epidemic has been spreading behind closed doors. Opioid addiction is a crisis – one that claims the lives of thousands of Massachusetts residents each year and has plagued the region for decades.

Mike Tourville, an Agawam author with Chicopee roots, recently published “Voices from the Fallen,” a book that chronicles the struggles of eight western Massachusetts residents battling substance abuse.

“These aren’t case studies; case studies are dry and clinical. These are deeply personal,” said Tourville, whose publication is available on Amazon, both in print and digital versions.

“You almost feel like you’re in the story yourself – you feel like you’re part of it and you feel what they feel. That’s what I wanted to do with this; make people feel like they’re living it with themselves.”

As it delves into the depths of addiction, “Voices from the Fallen” is based entirely on truth. The background of each real-life character differs from the next, which is part of Tourville’s deliberate attempt to ensure that the book reaches a variety of target audiences.

“A reader may say, ‘seven of these stories don’t jive with me, but one of them did,’ and that’s all that matters. That can be the difference,” said Tourville. “There’s a 53-year-old grandfather, who started using heroin. I’ve got a pregnant woman who is using heroin. and a Hispanic guy from Holyoke. I’ve got a 19-year-old kid who lives in a very affluent neighborhood



**Mike Tourville**

and everything in between.”

Each story featured within “Voices from the Fallen” is portrayed in the first-person, allowing readers to emotionally connect with characters.

Not all of the characters make it out alive; Tourville spent countless hours researching and communicating with families who have been affected by the opioid epidemic.

Tourville, who has two teenage granddaughters, wrote the book in an attempt to educate youths both locally and nationally on the dangers posed by substance abuse. He walked a fine line as he compiled each story, hoping to create a product that accurately portrays each story, but is also suitable for a high school classroom.

“I didn’t want to white-wash it, but it couldn’t be too graphic. It was really important to have this be accepted by high school students and be recommended by teachers and parents,” said Tourville. “What’s the point of having a book that helps to prevent drug use if parents don’t want their high-school-aged children reading it? I had to write it with that in mind and didn’t want to turn people off.”

So far, “Voices from the Fallen” has received rave reviews from a number of sources. Actor Dean Cain remarked that it does a “fantastic job taking us into the mind of the addict.”

Agawam Mayor William Sapelli was also left with a positive impression. He

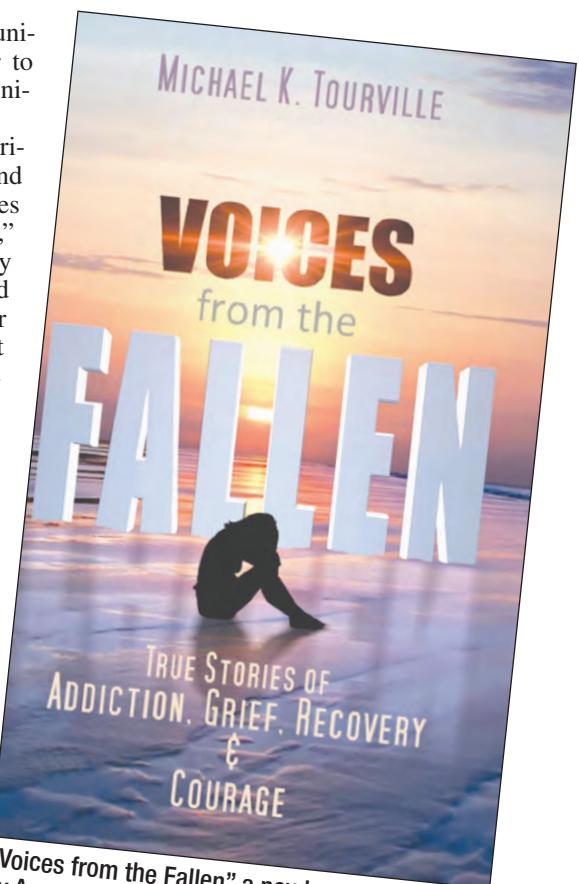
cited the importance of communicating difficult stories in order to ensure the safety of the community.

“These hard-hitting experiences are extremely impactful and have the potential to save the lives of those in a similar situation,” said Sapelli. “The extraordinary courage of these individuals and family members to share their personal stories with the intent of assisting others goes above and beyond expectations. This book is essential reading for those who are at-risk, or know anyone who may be.”

While the book is finished, Tourville’s mission is not complete; more stories are to come. Tourville expressed his desire to continue engaging audiences of all backgrounds to increase knowledge regarding the severity of drug addiction in western Massachusetts.

Common perceptions and stereotypes can be quite misleading, and Tourville hopes to demolish them. “Voices from the Fallen” serves to remind the public that an individual in need of assistance can be closer than one may think.

“The hard part of that is there’s such a diverse group of people who are affected by substance abuse,” said Tourville. “It’s old people, it’s young people, it’s males and it’s females, people of different races and levels of affluence. I’m hoping this



*“Voices from the Fallen” a newly-released book by Agawam author Mike Tourville, offers a grave but necessary look at drug addiction in western Massachusetts.*

book can inspire people to step up and do something, because too often, a lot of people don’t know what to do.”

Dalton Zbierski is a Staff Writer and can be reached at dzbierski@turley.com.

## Holyoke St. Patrick's Day Parade Committee postpones 2021 parade

HOLYOKE – Since the cancellation of the 69th annual Holyoke St. Patrick’s Parade last March, Officers of the Committee have had numerous conversations with city health and public safety officials.

All were hopeful that the COVID-19 health pandemic would have subsided, and it would be safe to gather in large numbers again. Unfortunately, that is not the case. Although some have been able to obtain the COVID-19 vaccine, it is not yet widely distributed enough. The health and safety of first responders, pa-

rade spectators and parade participants are the committee’s primary concern, the group said in a statement.

In observance of the public health circumstances, the Parade Committee voted at its Jan. 3 virtual meeting to “suspend all in-person Parade activities through the end of March 2021”. As a result of this vote, the 2020-2021 Parade will be postponed until 2022.

“This was not an easy decision to make”, said Marc Joyce, 2020-2021 parade president. “We understand that many will be saddened, but we need to

do what is best for our community. We will march again and we will have much to celebrate over homecoming weekend in 2022.”

“I would like to sincerely thank the many people who have contacted us over the past year. The Committee is comprised of 200-plus members who work all year long to put on, what we believe, is the best St. Patrick’s Parade in the country. I would like to thank all of them for their efforts in helping to carry-out this celebrated tradition. The Committee would also like to acknowledge the City

of Holyoke and our many sponsors, without whose assistance and cooperation the Parade would not be possible year-after-year.”

The St. Patrick’s Committee of Holyoke will “hold-over” the 2020 Award Recipients and Colleens in order to celebrate them on March 20, 2022 at the 69th annual Holyoke St. Patrick’s Parade. Current Parade Committee Officers and members of the Board of Directors, as presently constituted, will continue in the same capacities through the 2021-2022 Parade Season.

### COVID from page 1

educators, school personnel, and grocery, utility, food, agriculture, sanitation, public workers and public health workers will also be permitted to receive vaccinations as part of the second phase.

Phase 3 is set to begin in April. Under the third phase, vaccines will be made available to the general public.

“It’s one thing to talk about getting vaccines, but vaccinations are what really matters, when you actually receive your vaccine and get that opportunity to build that immunity. We’re going to do everything in our power to make sure that the vaccinations are happening here in the City of Chicopee,” said Vieau.

In recent days, the Springfield Thunderbirds of the American Hockey League, an affiliate of the Florida Panthers of the National Hockey League, canceled their 2020-2021 season. The 2021 Holyoke St. Patrick’s Day Parade was also canceled for the second consecutive year on account of COVID-19.

Vieau placed an emphasis on the fact that Chicopee does not plan to cancel any events moving forward, as the municipality will work around the

obstacles that the pandemic presents.

“We haven’t used words like ‘cancel,’” said Vieau. “We’re going to start using words like ‘postpone’ and we’re going to do everything we can to make sure that vaccines get out there as they become available.”

Before stepping down from the podium, Vieau shared a positive development. Unlike the first round of vaccines, which must be stored at temperatures as low as minus-70 degrees Celsius and require expensive refrigeration equipment, Vieau noted that future vaccines can be stored at more convenient temperatures.

“I wish that we had more direction, but we don’t. What’s been shared with us is the information I’ve shared with you,” said Vieau. “Once we get more of it, we’re certainly not going to invest in freezers and buying this cold, cold storage, when certain vaccines don’t require it; they require regular refrigeration. Believe me, we’ve been reaching out to refrigerator manufacturers, who store food here in Chicopee, to see if space is available as is needed.”

For more information on regarding the status of COVID-19 in Chicopee, residents can visit <http://chicopeema.gov/CivicAlerts.aspx?AID=466>.

## HCC hires Amy Brandt as dean of Health Sciences and Culinary Arts

HOLYOKE – Holyoke Community College is proud to welcome Amy Brandt as its new dean of Health Sciences and Culinary Arts.

Brandt, who currently resides in Greene, N.Y., most recently worked as the associate vice president and dean of Health Sciences at Broome Community College in Binghamton, N.Y., which is part of the State University of New York system.

At SUNY Broome, she focused on developing partnerships with local area hospitals to address healthcare worker shortages and advocated for enhanced use of simulation to improve clinical education and position programs to remain current with emerging national trends in healthcare education.

At HCC, she will oversee seven academic programs: Foundations of Health; Medical Assisting; Medical Billing and Coding; Nursing (associate of science and practical); Radiologic Technology; Veterinary and Animal Science; and Culinary Arts. She started her new job at HCC on Jan. 4, 2021.

Brandt holds a master’s degree in social work from California State University, Sacramento, and a PhD in social work from

the University of California Los Angeles.

After earning her PhD, she began working in education, initially at University of California Berkeley in the School of Social Welfare, where she focused on program administration and teaching introductory social work courses.

In 2007, she transitioned to the community college setting in California, focusing on allied health education and has worked on allied health program development in California, Florida, Texas, and New York.

Brandt has extensive experience working with state regulatory agencies, as well as with developing self-studies for programmatic accreditation. She has served as a site visitor for the Middle States Commission on Higher Education (MSCHE), reviewing institutions for compliance with general education and educational effectiveness standards. She has collaborated with multiple programs on developing assessment plans to assess educational quality and delivery and has co-led a variety of different campus committees related to program review, general education, professional development, COVID-19 re-opening, and student retention and equity initiatives.

# OPINION

## GUEST COLUMN

### This sounds like forest mismanagement

By Charlotte Burns

I was so upset when I went to walk my dogs on a favorite trail in the Herman Covey Wildlife Management Area in Belchertown. They've been logging there extensively for a couple of years, but the logging hadn't extended to the more popular trails until recently.

All that I was familiar with is disappearing: trails torn up by logging equipment. The natural beauty of the area is being destroyed.

I ran into a woman at the parking area on East Street and voiced my dismay. She said she was a biologist and this was forest management. They were logging the woods for species of birds which prefer more open areas.

Now, I'm not a biologist, but common sense would tell me she's wrong.

Much of the WMA is already open fields and marshland, and there's several large or-

chards and farms in the area. The woods that many species prefer are disappearing. I've read over and over how the biggest reason for the extinction of so many of our beloved wildlife species is loss of habitat.

We're losing so much of our woods already to development. It's strange to me how in the last few years it's suddenly so important to save open space for bird species as extensive logging goes on in our WMAs, state forests, Army Corp of Engineer properties, and local conservation areas such as the Thayer Woods and 12 Mile Brook in Wilbraham.

I wonder if the growing biomass and wood pellet industries have something to do with this. A biomass plant burns over a ton of wood every minute. Our forests can't keep up with this kind of destruction. It takes 50 years for these trees to grow back. We're told we should

plant millions of trees to save this planet from climate collapse. So why are we cutting them in the first place? Trees are vital to our water-sheds, our water cycle, to sequester CO<sub>2</sub>, to keep us cool, and they are homes for countless species of critters.

I've also noticed that the brushy new growth after logging is a haven for ticks – the very critters which are sucking our moose dry and causing their extinction.

This doesn't look like forest management at all; it looks to me like irresponsibility.

I've heard the biologist's argument before and I wonder if it isn't propaganda for a state that's pandering to the voracious appetite of growing industries that use wood for energy. Please contact your state reps to stop the logging on state lands.

*Charlotte Burns is a resident of Palmer*

## GUEST COLUMN

### HISTORY MATTERS

By John Grimaldi and David Bruce Smith  
*Guest columnists*

#### January 1 to January 15

Whatever you call it: "Continental Colors," "Congress Flag," "Cambridge Flag," or "Grand Union Flag," it was the first national flag of the United States. According to historical lore, George Washington unveiled it Jan. 1, 1776, during the American Revolution, but the stars and stripes motif encompassed a replica of the British flag in the upper left-hand corner.

"It was sort of a compromise between the radicals who wanted to see a separate nation, and the people who were more conciliatory, and wanted to see some accommodation with the crown," according to historian and flag expert David Martucci.

The History Channel noted in June of 1777 that "the Continental Congress adopted a resolution stating, 'the flag of the United States be thirteen alternate stripes red and white' and that 'the Union be thirteen stars, white in a blue field, representing a new Constellation.'"

To learn more, the Grateful American Book Prize recommends Kevin Keim's and Peter Keim's "A Grand Old Flag: A History of the United States Through its Flags."

It is difficult for the iPhone generation to fathom the complexities of communication throughout history. For decades, telephones used hard-wired landlines to commence a call. And before that: the telegraph – an invention by Samuel Finley Breese Morse, who demonstrated its "efficiency" via an electrical impulse on January 6, 1838. It came with a code that Morse created using dots and dashes--instead of the alphabet--to move a message from point A to point B.

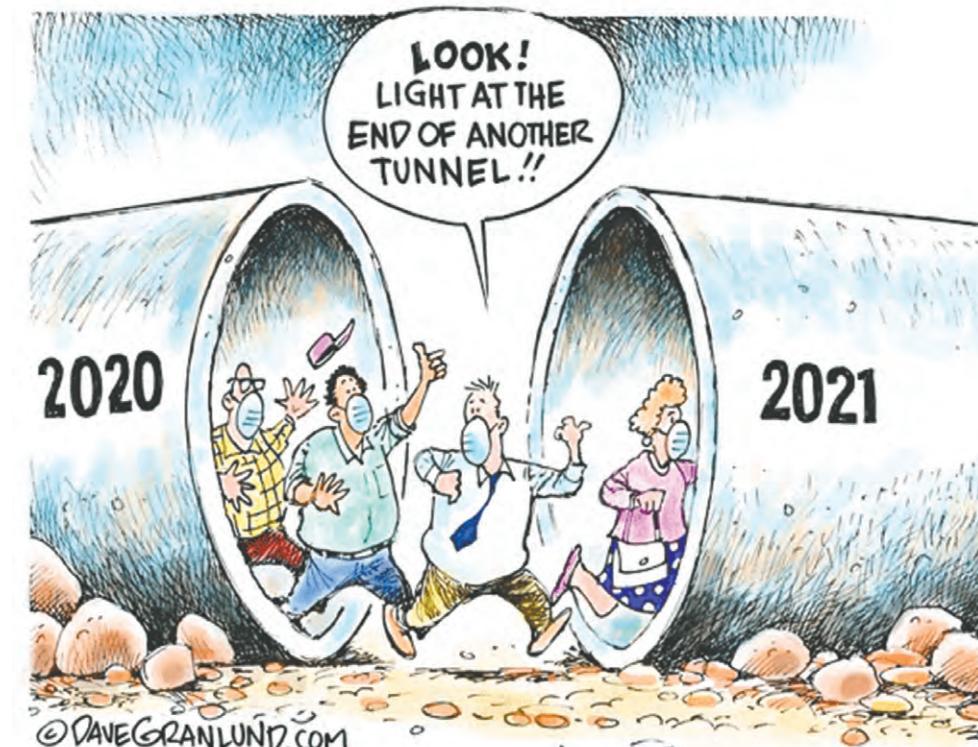
He formulated the idea in 1832; by 1838,

See **HISTORY MATTERS** page 8

### Letters to the Editor

Letters to the editor should be 250 words or less in length. No unsigned or anonymous opinions will be published. We require letter writers to include his or her town of residence and home telephone number. We must authenticate authorship prior to publication. We reserve the right to edit or withhold any submissions deemed to be libelous or contain unsubstantiated allegations, personal attacks, defamation of character and offensive language. All unknown or alleged facts and quotations offered by the author need to cite credible, unbiased sources.

**Send letters to:** The Chicopee Register,  
24 Water Street, Palmer, MA 01069  
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The deadline for submissions is Friday at noon.



## GUEST COLUMN

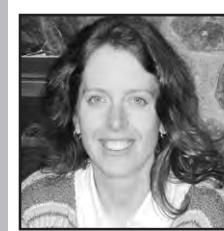
### All-America Selections for 2021 named

With the holidays behind us it's time for a pick-me-up. Nothing cheers me more than dreaming about my next garden. I love the early planning stage most of all and it starts about this time each year. Seed catalogs begin to arrive in the mail and the glossy photos and "flowery" dialogue lure me to open the pages and curl up with a notebook and a warm cup of tea. I began this yearly ritual over three decades ago and it never grows old. Perhaps you are a like-minded soul who also thinks this is a good way to pass a cold winter evening.

When perusing the catalog, no doubt you will come across the All-America Selections badge of honor next to certain flower, herb, perennial or vegetable varieties. What exactly does it mean to be an AAS winner? You'll be glad to learn more about this trusted organization and what receiving its award means for your garden.

For the last 88 years, the distinction of All-America Selection has been bestowed on new, worthy cultivars of our favorite plants. They are awarded this honor after thorough testing at independent trial grounds throughout North America, with the nonprofit organization's motto being "tested nationally and proven locally." AAS judges compare new flower introductions to those that are already on the market, search-

#### IN THE GARDEN



**Roberta McQuaid**  
Columnist

ing for such desirable characteristics as novel flower color and form, fragrance, length of flowering and disease or pest tolerances or resistance. Vegetables are evaluated similarly, with judges contrasting uniformity, ease of growth, harvest-time and disease tolerance and more with already established varieties. After assessing the plants throughout the growing season scores are tabulated and those with the highest average are considered to be worthy of an AAS award. Let's learn more about two of this year's winners.

Celosia Kelos Candela Pink is a 2021 AAS flower winner. For those of you who know and love plumed celosia, this is your pick. Judges touted this plant as an "Energizer Bunny" bloom-wise. Foot tall bright deep pink flower spikes rise above foliage that tops off just under two and a half feet tall. Flowers are long-lasting and unlike some celosia, keep their color throughout the season. Judges agree that Kelos Candela Pink is great filler for mixed containers, adding height and textural interest but it also succeeds as a landscape plant either in mass plantings or borders. Reportedly it also dries well too, although I will believe it when I try it for myself since most celosia are prone to

See **GARDEN** page 7

## WE CARE ABOUT YOUR NEWS!

*The Chicopee Register* welcomes submissions of news in or related to Chicopee and its residents. Our "People News," is filled with submitted engagement announcements, wedding announcements, birth announcements, your new baby or news about your 25th or 50th anniversary celebrations. Please e-mail correspondence along with a photo to [chicopeeregister@turley.com](mailto:chicopeeregister@turley.com) or send it to: Chicopee Register, c/o Turley Publications, 24 Water Street, Palmer, MA 01069.

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**PATRICK H. TURLEY**  
CEO

**KEITH TURLEY**  
President

**EDITOR**  
Elise Linscott  
[chicopeeregister@turley.com](mailto:chicopeeregister@turley.com)

**STAFF WRITER**  
Dalton Zbierski  
[dzbierski@turley.com](mailto:dzbierski@turley.com)

**ADVERTISING SALES**  
Wendy Delcamp  
[wdelcamp@turley.com](mailto:wdelcamp@turley.com)

**SPORTS EDITOR**  
Greg Scibelli  
[sports@turley.com](mailto:sports@turley.com)

**SOCIAL MEDIA**  
 @ Chicopee Register

**WEB**  
[www.chicopeeregister.turley.com](http://www.chicopeeregister.turley.com)

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#### EMAIL

**Advertising Sales**  
Wendy Delcamp  
[wdelcamp@turley.com](mailto:wdelcamp@turley.com)

**Editor**  
Elise Linscott  
[chicopeeregister@turley.com](mailto:chicopeeregister@turley.com)

**WEB**  
[www.chicopeeregister.turley.com](http://www.chicopeeregister.turley.com)

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# City offers free COVID-19 testing at Chicopee Comp.

A COVID-19 mobile testing site is open at Chicopee Comprehensive High School, now through Dec. 30, Mayor John Vieau announced in a press conference Dec. 18.

On Dec. 22, the City of Chicopee began to offer appointment-free COVID-19 testing to any First Responder, all City of Chicopee residents (over the age of two), and City of Chicopee Municipal employees and their families without the need for insurance or the ability to pay.

Every test will be administered for free. This new testing site will administer up to 20,000 tests for up to three months or till the tests run out.

The city is operating this as a drive-through-only testing site, while the state continues to provide walk-up testing

locations at other area locations that can be found at <https://www.mass.gov/covid-19-testing>.

Patients must visit the CCHS site in their vehicles, as testing will be done in their car. No walk-ups will be allowed.

Any First Responder, all City of Chicopee residents, and City of Chicopee Municipal employees and their families can simply visit the new drive-through site at Chicopee Comprehensive High School beginning at 8 a.m. until noon on any of the above available dates.

Although no appointment is required, you can speed the process by completing the necessary intake form online, print it, and bring it with you (including the required proof of Chicopee residency).

The intake form can be found here: <https://www.chicopeema.gov/FormCenter/Information-Technology-16/Chicopee-Comp-COVID-TestSite-Form-246>

"We needed to offer local testing to many more city residents to better prevent its spread," said Lisa Sanders, Chicopee health director. "Testing will also give us a better idea of when we may begin to lessen the current health orders."

Up to 400 patients are expected to be tested daily at the new site and the results will be garnered within 24 hours as these are PCR tests. PCR testing is considered the "gold standard" in SARS-CoV-2 detection. This test detects RNA (or genetic material) that is specific to the virus and can detect the virus within days of infection, even those who have

no symptoms. Turnaround time can be in as little as 24 hours. When demand is high, results can take a bit longer.

Symptoms that may warrant a test include cough, shortness of breath, fever, chills, fatigue, muscle ache, sore throat, headache, vomiting, nausea, diarrhea, the recent loss of taste or smell, or confusion, particularly in older adults.

"We will continue to require every one of our residents to follow the CDC social distancing guidelines, to wear a face covering, wash your hands frequently, and stay home if you feel sick," stated Mayor John L. Vieau. "We are very pleased to be able to offer another way for our city's residents to help keep each other safe. Have symptoms? Go get tested."



**TURLEY PUBLICATIONS PHOTOS BY DALTON ZBIERSKI**  
Mayor John Vieau, far left, speaks with Deputy Fire Chief Matthew Cross in front of the department's new ambulance Tuesday morning.

## AMBULANCE from page 1

research. The apparatus that we've received today is looking very promising."

Sign Techniques Inc., a Chicopee business located on Chicopee Street, provided customized decals for the ambulance while New England Fire Equipment & Apparatus provided the lettering.

The apparatus has a three-year, 3,600-mile warranty on the chassis and a five-year warranty "on the box itself," said Cross, who noted that the ambulance that has served the city for the past decade will be traded in.

Fire Lt. Katie Kalbaugh is excited to bring in the new year with a new ambulance. She thanked Vieau and City Council for approving the purchase and emphasized that the vehicle will allow the department to better ensure the safety of Chicopee residents.

"We always need to be prepared to respond to an emergency. Knowing that we have equipment that's going to be in great working order will enable us to always be ready to respond.



**TURLEY PUBLICATIONS PHOTOS BY DALTON ZBIERSKI**  
Mayor John Vieau, left, speaks with Fire Chief Dan Stamborski next to the department's new ambulance on Jan. 5.

That's really the most important thing. We know our citizens are waiting for us whenever they have an emergency," said Kalbaugh.

Dalton Zbierski is a Staff Writer and can be reached at [dzbierski@turley.com](mailto:dzbierski@turley.com).

## GARDEN from page 6

shattering. This AAS winner is available in plant form only.

Another winner that I am very excited about is Zinnia Profusion Red Yellow Bicolor. This new addition to the ever-popular floriferous and disease resistant 'Profusion' series starts out with a vibrant red center surrounded by golden yellow petals only to transform into shades of pink, apricot and salmon as it ages. Perhaps the next best attribute of this winner after its alter color ego is that it maintains a compact size of about a foot tall. This winner is versatile, too, succeeding in containers, hanging baskets, mixed plantings and en masse. Another bonus: pollinators love it! Profusion Red Yellow Bicolor is also the recipient of the Fleuroselect Gold Medal award for performance in European trials.

Because testing is local, I feel confident when I purchase plants or seeds of past or present AAS winners and with proper care they should live up to their description in my own garden. For more information and a full list of winners past and present, log on to [www.all-americaselections.org](http://www.all-americaselections.org). Here you will find many steady Eddies of the garden world.

*Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For the last 28 years, she has held the position of staff horticulturalist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to [ekennedy@turley.com](mailto:ekennedy@turley.com) with "Gardening Question" in the subject line.*

## CONSTRUCTION from page 1

Wade Wofford, a Producer/Director for ChicopeeTV, was called by Vieau from behind the camera to the front of the meeting room to offer a further explanation. He noted that the ChicopeeTV staff attempted to run its wires out of all of the chamber's windows, to no avail; each cable ran approximately 30- to 40-feet short.

"The cables that carry the signal to the robotic cameras that we use are fiber-optic and carry a lot of data. They have to carry the video signal and the signal that carries the controls for moving the robotic cameras. Each new cable would be about \$2,500; those are really expensive, and you can't get extension cords to join two of those cables together," said Wofford.

Vieau recommended that City Council find a temporary, alternate meeting site. The auditorium inside of Chicopee Comprehensive High School has served the Chicopee School Committee quite well.

"I know that's been a major inconvenience for [City Council] and the employees here, as well as the people who use the services at City Hall. As for the meetings, I can offer Chicopee Comprehensive High School as an alternate site for now, which is ready to go for the School Committee. I would highly recommend using Comp. because that's one of the city's best transmission theatres," said Vieau.

Ward 1 Councilor Joel McAuliffe recommended connecting the Facebook livestream to ChicopeeTV's cable broadcast. McAuliffe noted that the Facebook stream is still functioning, but Vieau shut down the idea.

"I don't consider Facebook as a primary means of communication in my book," said Vieau. "It's a social media site. It's wonderful that we're on there, but I'd really like to see us able to have

access to ChicopeeTV through video and through the internet. Those are the ways that we should be focusing on instead of Facebook."

The auditorium within City Hall is currently being refurbished after several decades without use. The redone meeting space was scheduled to open this month, but the project has been pushed back.

"Unfortunately, there's been a delay on the auditorium, in which we will have a state-of-the-art audio, visual broadcast out of that. But there have been some delays, and they're all COVID-related. We're talking about stonework that didn't get here. That's holding up the finalization," said Vieau.

The stonework pertains directly to the façade that includes a stained glass window with the image of rose. Vieau is more than excited for the auditorium to reopen to the public later this year.

"We're going to be very happy once we get through the substantial completion of the auditorium with a state-of-the-art broadcast center," said Vieau. "This shouldn't happen anymore, and I'm sure when [the auditorium] is done, it will be something we're very proud of. It's been vacant and dormant for way too long."

In the meantime, City Council must decide where to hold its future meetings. With new cables out of the question and the City Hall Annex parking lot project moving slowly, Councilor-at-Large James Tillitson is confident that an alternate meeting site will be found.

"With all the talent we have in the city, we ought to be able to figure it out," said Tillitson. "Comp. might work; we had to go to the senior center for a long time. I think we're denying the public the opportunity to be able to watch the meetings. There are a lot of people who enjoy it. I just hope we can have a solution for our next meeting on the 19th."

Dalton Zbierski is a Staff Writer and can be reached at [dzbierski@turley.com](mailto:dzbierski@turley.com).



**TURLEY PUBLICATIONS PHOTO BY DALTON ZBIERSKI**  
A delay in the expansion of the parking lot outside of the City Hall Annex on Front Street has prevented ChicopeeTV from broadcasting the past two City Council meetings on cable television. Due to construction, the ChicopeeTV van cannot position itself adequately to connect wires to the building's fourth-story meeting room.

## AROUND THE REGION

# Historic Classical Inc. to host nationally acclaimed Navy artist

Springfield – Historic Classical, Inc. will host a free online program on Sunday, Jan. 10, 2021 at 2 p.m. Wilma Parker, a 1959 graduate of Classical High School, will speak on her Legacy Painting, Homecoming NAS Alameda.

Parker spent three years working on the 44 x 128" oil painting of the Naval Air Station located in Alameda, Calif. Captain James Dodge had been charged with closure of the base. The work was commissioned by Captain Dodge, on behalf of the U.S. Navy to preserve the legacy and history of NAS Alameda.

Parker's charge was to accurately portray all the planes from the WWII Doolittle raiders to present day, and in their correct approach positions. The painting includes the historic aircraft carrier Hornet on the left of the mural, up to the then new carrier Carl Vinson, that many had thought would never have a mission. But it was from the deck of the Carl Vinson that the body of Osama bin Laden was buried at sea in 2011.

A full-sized copy of the painting was

framed and mounted through a grant provided by the Springfield Cultural Council. It is on display in the Historic Classical Museum, housed within the Classical Condominiums, 235 State St., Springfield. It will be unveiled during the program.

After Classical High School, Wilma Parker graduated from the Rhode Island School of Design and the School of The Art Institute of Chicago. Her career led her from Springfield to Chicago to San Francisco, where she currently resides, and at least annually to the East and to Europe, where she continues to develop her art. Currently, she works exclusively for the U.S. Navy and the Blues and Royals, the Household Cavalry, Windsor Barracks in Great Britain.

Historic Classical, Inc. is a nonprofit organization dedicated to preserving the legacy of the former Classical High School. The mission of Historic Classical is to keep the history and memories of the former high school alive by inviting the public to events at the site of the old



COURTESY PHOTO

Artist Wilma Parker will host a free, on-line program about her painting commemorating the USS Alameda on Jan. 10.

school, where Classical Condominiums now exists and a museum of memorabilia is housed.

The venue is available for free and

limited to 100 registrants. For more information about receiving a link to the program, write info@HistoricClassical.org or call (413) 746-9067.

## Is it safe for pregnant women to get the coronavirus vaccine?

*Baystate creates decision aid for doctors and pregnant women to consult*

SPRINGFIELD – Is it safe for pregnant women to get the coronavirus vaccine?

That's a question that two Baystate Medical Center doctors contemplated together recently – one a primary care physician at Baystate Mason Square Neighborhood Health Center, who is also board certified in infectious diseases, and the other an OB/GYN.

Dr. Amanda Westlake learned in September that she was expecting her third child. As an infectious disease specialist, when she visited with her OB/GYN, Dr. Katie Barker of Baystate Wesson Women's Group, she was already familiar with much of the emerging literature on pregnancy and COVID-19. It is concisely stated on the Centers for Disease Control and Prevention (CDC) website that:

"Based on what we know at this time, pregnant people are at an increased risk for severe illness from COVID-19 compared to non-pregnant people. Additionally, pregnant people with COVID-19 might be at increased risk for other adverse outcomes, such as preterm birth."

But when the two doctors came together to discuss whether Dr. Westlake should get the coronavirus vaccine, the

answer wasn't that simple – there is no scientific study on whether or not the vaccine is safe for pregnant women.

"Pfizer did not include pregnant women in its clinical trials to establish the safety and efficacy of their vaccine (it is common in clinical trials to exclude pregnant women). That was unfortunate because our professional organization, the American College of Obstetricians and Gynecologists (ACOG) has long advocated for women to be involved in vaccine trials," said Dr. Barker.

"As a result, we do not have specific data on which to make a decision about pregnant women receiving the vaccine. However, we have no reason now to suspect that it would work differently or be harmful to pregnant women, which is something I tell my patients every day," she added.

And, when studies are completed on the vaccine's effects on pregnant women now being inoculated against the virus, Dr. Barker said she would be surprised if they discover anything unexpected.

Recognizing that pregnant women everywhere would need guidance, the Shared Decision-Making: COVID Vaccination in Pregnancy working group at the University of Massachusetts Medical School - Baystate was created under the leadership of Dr. Elizabeth Schoenfeld, an Emergency Medicine physician at Baystate.

Dr. Schoenfeld, a shared deci-

sion-making researcher in the hospital's Institute for Healthcare Delivery and Population Science, has experience making decision aids to help patients make decisions together with their doctors. Because of the lack of evidence to guide recommendations for pregnant women, a shared decision aid was needed to help women understand the risks and benefits and the unknowns.

"Shared decision making helps patients understand their choices and come to an informed decision with their doctors about their care. It is a way for patients to have their voices heard when deciding what the next step in their medical care will be. And a decision aid is a tool to help facilitate a discussion between a doctor and patient such as, 'Should I get the coronavirus vaccine,' said Dr. Schoenfeld.

The clinical researcher noted that "in general the vaccine is highly recommended and safe" and although there was no hard data available on pregnancy and the vaccine, it wasn't as if "there was no evidence at all about the vaccine to share in an aid."

"Certainly, for many pregnant women the pros outweigh the cons," said Dr. Schoenfeld, who noted that when putting together the decision aid it was important to involve multiple stakeholders, such as maternal-fetal medicine experts, COVID experts, and pregnant healthcare workers.

The result is a six-page decision aid

on the Pfizer and Moderna vaccines that starts with the basics: "I'm pregnant. Should I get a COVID vaccine?" It discusses a woman's options, the benefits and risks of getting an mRNA COVID vaccine, and other information to help pregnant women make an informed decision. There are also additional details about breastfeeding, noting the Society for Maternal-Fetal Medicine (SMFM) and the Academy of Breastfeeding Medicine (ABM) report that there is no reason to believe that the vaccine affects the safety of breastmilk.

Since completing the aid, it has been shared via Twitter and with various national professional networks such as maternal fetal medicine doctors, obstetricians, emergency medicine doctors, and medical informatics leaders. Based on feedback from those who have received the aid, it is being used at Boston Medical Center, Kaiser Southern California, Mass General Hospital, and in multiple other practices including Texas, and all around the country.

"We have received so much positive feedback. In fact, one woman from Costa Rica asked if we had a Spanish version of the document. We were able to quickly create Spanish and Russian versions and have made them available as well," said Dr. Schoenfeld.

To view the latest version of the decision guide, visit: <https://www.baystate-health.org/covid19/vaccine/pregnancy>



### NOTICE

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### HISTORY MATTERS from page 6

with the assistance of his two partners, Leonard Gale and Alfred Vail, he had a working model. Morse requested funding from Congress to make the prototype. It included construction of overhead wires between Washington, D.C. and Baltimore, Maryland, but the legislators demurred.

Five years later, he garnered the approval, and the money, to proceed; on May 24, 1844 Morse sent his first telegraphic message: "What hath God wrought."

For more information, the Grateful American Book Prize recommends Lewis Coe's "The Telegraph: A History of Morse's Invention and Its Predecessors in the United States."

The U.S. Constitution was signed into law by the delegates of the Constitutional Convention in September of 1787. It structured the federal government, explained the essential laws of the country and guaranteed basic rights for every citizen.

But it was not the first American Constitution. That inaugural document

was written and adopted on Jan. 14, 1639, by the settlers from the original Massachusetts Bay Colony, who had migrated to the Connecticut River Valley. It was known as the Fundamental Orders.

According to History.com, "Roger Ludlow, a lawyer, wrote much of the Fundamental Orders, and presented a binding and compact frame of government that put the welfare of the community above that of individuals. It was also the first written constitution in the world to declare the modern idea that 'the foundation of authority is in the free consent of the people.' In 1662, the Charter of Connecticut superseded the Fundamental Orders, though the majority of the original document's laws and statutes remained in force until 1818."

For more information, the Grateful American Book Prize recommends A. Chamberlain's "The First Constitution Of Connecticut: The Fundamental Orders."

*History Matters* A biweekly column courtesy of The Grateful American Book Prize, which shows the nation's children that their past is prelude to their future.

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# PUBLIC NOTICES

## CHICOPEE CITY

### COUNCIL

#### ZONING COMMITTEE

##### LEGAL NOTICE

The Zoning Committee of the Chicopee City Council will hold a public hearing **Wednesday, January 27, 2021 at 6:30 PM\*** in the Council Chambers, 4th floor, City Hall Annex, 274 Front Street, Chicopee, MA 01013 to discuss the following:

Special Permit application under Chapter 275-58 (C) (4) for the purpose of serving beer and wine at restaurant – an eating and drinking place with the consumption of alcohol located at 17 White Birch Plaza. Applicant – Emiray, Inc., dba Pizza Palace, Onur Onder, 17 White Birch Plaza, Chicopee, MA 01020.

The plans/application can be viewed on the City Council website <https://www.chicopeema.gov/880/Pending-Applications>

\***COVID-19:** Pursuant to the Governor's Order Suspending Certain Provisions of the Open Meeting Law, MGL c. 30A due to the novel Coronavirus outbreak, the January 27, 2021 Zoning Committee hearing shall be available to the public via zoom and in person. As required, alternative public access to this hearing shall be provided in the following manner: The hearing will be conducted via teleconference (Zoom). Anyone wishing to participate either in person in the Chambers or remotely shall, provide notice to the Office of the City Council by calling (413) 594-1435 M-F 8:30 AM – 5 PM or by email at [aczarniecki@chicopeema.gov](mailto:aczarniecki@chicopeema.gov) by January 25, 2021. Those giving such notice will need to identify the public hearing and provide their name, address and contact phone number to minimize the potential for zoom bombing of the meeting and if attending in person to be screened as required by the City of Chicopee. The hearing will be available for viewing on Spectrum Access Channel 191 or the Chicopee TV website [Facebook.com/ChicopeeTV](https://Facebook.com/ChicopeeTV) and or <https://vimeo.com/chicopeetv>.

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Special Permit application under Chapter 275-72 for the purpose of an adult use of marijuana facility. The project proposes to redevelop an existing 80,000 +/- square foot building and open a marijuana cultivation facility (License Group A, B2B) and retail marijuana dispensary (License Group B, B2C). In the City of Chicopee both License Group A & B are allowed by Special Permit approval within the Industrial Zoning District in accordance with Section 275-72 D 3 of the Zoning Ordinance. This application includes the request for the City Council to waive the 100-foot wide vegetated screen along the parcel boundary that is abutting any residentially-zoned or residentially-used parcel (Section 275-72D 4 d 3). The project proposes a planted vegetated buffer with a minimum depth of 9 feet on the eastern property lines and project does not include a vegetated buffer along the western property line located at 30 Buckley Blvd. Applicant - Revolution Greencare, LLC, c/o Greenglove Consulting, David Peskin, 139 Damon Road #5, North Hampton, MA 01060.

The plans/application can be viewed on the City Council website <https://www.chicopeema.gov/880/Pending-Applications>

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Special Permit application under Chapter 275-50C and 275-9 for the purpose of installation of an accessory sign within 35 ft setback within an Industrial Garden Planned Unit Development, type 1 zone located at 27 Lonczak Drive. Applicant – University of Massachusetts, Amherst c/o Facilities & Campus Services, Gaetan Blais, 360 Campus Center Way, Amherst, MA 01003-

calling (413) 594-1435 M-F 8:30 AM – 5 PM or by email at [aczarniecki@chicopeema.gov](mailto:aczarniecki@chicopeema.gov) by January 25, 2021. Those giving such notice will need to identify the public hearing and provide their name, address and contact phone number to minimize the potential for zoom bombing of the meeting and if attending in person to be screened as required by the City of Chicopee. The hearing will be available for viewing on Spectrum Access Channel 191 or the Chicopee TV website [Facebook.com/ChicopeeTV](https://Facebook.com/ChicopeeTV) and or <https://vimeo.com/chicopeetv>.

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# Sports

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## Football committee mulls tourney options

By Gregory A. Scibelli  
gscibelli@turley.com

**REGION** – While the Massachusetts Interscholastic Athletic Association is just hoping to have a regular football season much like the fall and winter modified seasons, the Tournament Management Committee and Football Committee of the MIAA is thinking about life after the pandemic.

The pandemic took away the traditional 2020 fall season and football is supposed to take place during a Fall 2 or “bubble” season, which begins in late February.

However, assumingly, in the fall of 2021, when high schools are seemingly going to be able to play under normal conditions and with a normal schedule that includes tournaments, a new football tournament will be forthcoming.

It seems like long time ago that the member schools of the MIAA voted in favor of dropping the sectional tournaments in favor of one statewide tournament, that in the case of many sports, will include a 32-team bracket with the opportunity to play in if a team finishes with a .500 record.

But in football, a .500 record does not guarantee entrée into the tournament. That has always been the case as Western Massachusetts football teams had a ranking system that put the top four teams in each division in the playoffs. Football also had more



Options for a new football playoff format, which will feature a statewide tournament beginning in the fall, are being considered.

than the four divisions many other sports like soccer and basketball have.

The Football Committee of the MIAA began meeting recently about the issue. One plan was presented by the Massachusetts High School Football Coaches Association.

The plan would have a 10-game, but 12-week regular season concluding on Thanksgiving. In recent years, the regular season was ended after eight games, with qualifying teams playing playoff games in weeks 9 and 10, the state semifinals between

Week 10 and Thanksgiving, and Thanksgiving Day’s game a simple exhibition. In a lot of cases, teams qualifying for state final games would not play regulars on Thanksgiving to guarantee health in the state finals.

The coaches’ association proposal would restore Thanksgiving as a regular season game. The association also submitted a plan for a nine-game schedule with playoffs starting before Thanksgiving and finishing after as it is currently constituted.

A group of Eastern Mass. coaches and athletic directors



Could rival matchups on Thanksgiving be in danger depending on what direction the MIAA goes in for playoffs.

have also developed seven and eight-game proposals that would entail having 16 teams qualifying for a state tournament in each division under the seven game, and eight teams per division in the eight-game season. Under both proposals the state finals would actually take place before Thanksgiving, and teams would again play Thanksgiving games as exhibitions.

With all the proposals out, the Football Committee has developed a survey to be sent to principals and athletic directors for feedback. A decision on the

playoff format will hopefully be made sometime in the spring in time for scheduling to take place.

As of press time, the MIAA has not made any decision about any type of playoffs for the modified football season taking place in February. There will be no playoffs for the winter season, and the fall season also did not have any tournaments.

Arguments against extending the football season further into December specifically include making winter athletes wait too long between seasons to start basketball, hockey, and wrestling.

## Winter sports scheduled to begin next week

By Gregory A. Scibelli  
gscibelli@turley.com

**REGION** – Winter sports are scheduled to get underway next week, with practices beginning on Jan. 11.

Practices were originally scheduled to start on Jan. 4, but the Pioneer Valley Interscholastic Athletic Conference made the decision to move back a week, though at this point, it is very unclear how many schools will be participating in the winter season and whether or not those teams will have to further modify schedules.

While the PVIAC wanted to give Western Mass. schools time during the month of December to secure permission to play sports through school committees, health departments, and other public officials, some of those permissions were contingent on the various criteria surrounding current coronavirus cases.

In the case of Holyoke,

the city needed to be out of the “red” and no longer labeled a high-risk community by Dec. 24, and remain out of the red for three weeks in order to begin practices on Jan. 11. However, that has not happened.

Additionally, schools like West Springfield and Belchertown are among those that will not play communities that are red, further complicating the scheduling.

As of the Dec. 31 Department of Public Health report, most town and cities in Western Massachusetts in Hampden and Hampshire County are in the red and considered high-risk as the second surge continues, especially with rising numbers following the holiday season.

Some schools also have agreements with teachers’ unions regarding how schools will proceed in the event a community goes into the red. In many cases, a high school’s

## Thompson to hold virtual race series

**THOMPSON, Conn.** -- Thompson Speedway Motorsports Park will come to virtual life three times during the winter months, as a new iRacing series will give drivers and fans a chance to prepare for the 2021 season. In a series promoted by Souza Media, full-time Modified, Late Model & Super Late Model drivers from across New England will compete in three different races -- including the virtual historic Thompson 300 -- with one-race in January, another in February and a final in March.

The series will help preview the real-life season at Thompson for 2021 -- which is slated to begin with the annual Icebreaker weekend from April 9-11, and hold six oval events, promoted by the American Canadian Tour and Pro All Star Series. All three iRacing events will take place on Saturday, Jan. 23, Feb. 20 and March 20 -- and will all begin with the drop of the green flag at 2 p.m. The feature races will air live, in full, on Extreme Sim TV, via Facebook and YouTube. Qualifying heat races, consolation races and a B-Main will be conducted prior to the broadcast start.



### Virtual Thompson iRacing Series

Three races previewing 2021

January 23 - SK Modified 100

February 20 - Late Model 100

March 20 - Virtual Thompson 300

\*Must be full-time current or past driver in Modifieds, Super Late Models or Late Models\*

Register: <http://www.kylesouza.com/thompson-iacing-series>

Souza Media

SUBMITTED PHOTO

A virtual racing series is set to take place later this month.

The three iRacing events will include an opener with iRacing’s SK Modified, previewing the Sunoco Modified season at Thompson, on January 23, for a 100-lap event. The second will put some of New England’s best Late Model stars together in ACT-style Late Models for their own 100-lapper on February 20. The final will help promote and preview the return of the historic Thompson

300, as Tour-Type Modifieds are used for a virtual 300-lapper on March 20. In real-life, officials are bringing back the Thompson 300 as part of the Sunoco World Series of Racing at Thompson in October of 2021.

This iRacing series will give drivers and fans of Thompson Speedway a chance to come

See RACING page 11

# SPORTS

## Pioneers to host Pelham soccer clinic

LUDLOW — Western United Pioneers FC is excited to offer a soccer clinic in Pelham, MA for players in the Massachusetts North Region. The fall clinic provides off-season training and skill development by WUP FC coaches. There are two sessions available. sign up for one or both. It makes a great holiday gift

for friends and family members.

This program is offered to boys and girls born in 2010, 2011, 2012, 2013, and 2014. The four-week program includes one practice per week for a total of \$65 per session (\$130 for 2 sessions). Sessions will consist of a max of 15 players per field (COVID regulation for the

players' safety).

SESSION 1: MONDAYS 1/11, 1/25, 2/1, & 2/8

Boys and Girls Born 2013 and 2014: Session is at 5 p.m.

Boys and Girls Born 2010, 2011, and 2012: Session is at 6 p.m.

SESSION 2: MONDAYS 2/22, 3/1,

3/8, & 3/15

Boys and Girls Born 2013 and 2014: Session is at 5 p.m.

Boys and Girls Born 2010, 2011, and 2012: Session is at 6 p.m.

The sessions will be held at Pelham Elementary School at 45 Amherst Road, Pelham, MA 01002.

### WINTER SPORTS from page 10

coaching staff is included in the union negotiations.

In one bubble, Agawam, Westfield, and West Springfield all have permission to play, but Hampshire, Holyoke, and Northampton are question marks.

There are also further modifications for the ice hockey schedule as fewer schools have hockey programs in Western Massachusetts. One thing you will not see in the modified winter season is a team like Agawam or Minnechaug making its way to the other side of the state to play other teams in Central and Eastern Mass. Bubble play is limited to teams in the region. One bubble will feature all of the teams in the Berry Division, Agawam, Longmeadow, East Longmeadow, Minnechaug, Westfield, and West Springfield, with Amherst added into the league this year. Amherst has been one of the top Division 3A teams in recent years.

Teams that are allowed to begin playing actual games could do so in about two weeks.

Basketball, swimming, and ice hockey were the sports approved to take place this winter. The season normally starts in mid-December.

### RACING from page 10

together during the cold winter months for some virtual racing," Kyle Souza, owner of Souza Media, said. "We're looking forward to watching the Thompson 300 in real-life, but we think this virtual experience will showcase some of what it will take to win the real-life event and get fans energized for the October 2021 race."

A maximum of 29 drivers will start each race, in order to keep the car count reasonable on a tight, banked track, and produce green flag racing. Out of the 29 competitors, 28 drivers will qualify through the heats, consi's and B-Main sessions, while one provisional is available for a most recent Thompson track champion or Modified, Late Model or Super Late Model champion, if needed. If no champions fail to qualify, the provisional may be used for a promoters option. Qualifying will begin at 10 a.m. on each of the race days, while there will also be multiple practice sessions prior to race day.

In order to be eligible for the events, drivers must fit one of the requirements put in place by officials. Race officials have the final determination on eligibility and may elect to refund participants who

register but don't fit qualifications. For all three events, drivers must be:

A current or past full-time weekly competitor in Late Models, Super Late Models or Modifieds

A current or past touring series competitor in Late Models, Super Late Models or Modifieds

Immediate crew member of one of the above drivers -- defined as either a car owner, crew chief or spotter.

\*If all spots are not filled for the event five days prior to event start, fans of Thompson Speedway, Modifieds, Super Late Models or Late Models will be able to register to fill the spots\*

The first 60 entered drivers will be registered for the event. Anyone who registers past that 60 number will be placed on a waitlist. Registration fees are \$15 per event, or \$45 for the entire series. Registration can be completed at kylesouza.



\$12.50  
Each

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## St. Mary's Parish School provides foundation

At the heart of St. Mary's Parish School is our passion for excellence in all things. We believe that each student who attends our school will benefit from the quality of instruction they receive. Academically, a classical curriculum infused with 21st-century skills will provide every SAINT with the solid foundation necessary to excel at the next level of study.

Socially, St. Mary's is a community built upon a foundation of kindness, acceptance, and integrity. It is a community in which each member looks out for the other, and the bonds of friendship that are formed here, last a lifetime.

Spiritually, students will broaden and deepen their understanding of the teachings of Jesus Christ and the beliefs of the Roman Catholic tradition. Additionally, through their study of religion, all students gain the tools to examine morality and justice in their lives and in the world. St. Mary's SAINTS are young peo-

ple who understand that faith is a lifelong journey of prayer, learning, and service, which broadens their perspective and leads toward ever deeper communion with God and others.

We are proud of the distinction that our students have received in all areas of academics, arts, athletics, and extra-curricular activities. Each year we recognize the success of our seniors as they receive hundreds of thousands of dollars in scholarships and continue their academic journeys across the nation at prestigious colleges and universities.

Recently, we have embarked on several initiatives that have added to the success of St. Mary's overall program. We have been blessed with the financial ability to improve upon technology, and were able to introduce a laptop program where each student is provided a laptop for a very small lease fee. After 3 years, the laptop officially belongs to the student. Meanwhile, if anything at

all happens to the laptop, the repair is covered and the student is offered a loaner. Our curriculum is based on the Great Books and we use a university schedule, allowing us to increase electives in our course of studies and at the same time, better preparing students for college. Lastly, our students are offered the choice hundreds of VHS courses, which allow them to take advantage of specialized courses outside of our traditional college prep, honors and AP course offerings.

**BREAKING NEWS!** Starting in 20/21, we will be offering transportation benefitting students from the Springfield, Chicopee, Holyoke areas. A centrally located bus stop will be positioned on Riverdale Street, West Springfield.

Plan a shadow day at St. Mary's Parish High School – where no student will be denied enrollment based on financial need, and every student will be an important member of the SAINT family!

## St. Joan of Arc School announces new principal

St. Joan of Arc School is happy to announce that William McDonald is our new principal beginning January 4, 2021. Mr. McDonald has been a vice principal and principal for over 15 years. Starting as a teacher and working his way to being a principal in Framingham, MA, he most recently was at an elementary school in Thompsonville, CT. SJA School is an elementary school with grades PreK through grade 8. We welcome his experience and knowledge and he is excited to become part of our SJA community.

## Professions that may be thriving in 2030

New Year's resolutions can serve as valuable motivational tools as people look to make positive changes in their lives. Health-related goals like quitting smoking and losing weight annually appear at or near the top of lists documenting the most popular resolutions. But many people also see New Year's resolutions as a great vehicle to kick-start positive changes in their professional lives.

See **PROFESSIONALS** page 16

## EXPERIENCE the DIFFERENCE



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# Westfield State University offering Addiction Counselor Education Program

WESTFIELD — The College of Graduate and Continuing Education at Westfield State University is currently accepting applications for the 2021/2022 Addiction Counselor Education (ACE) Program. Classes will be held in a hybrid format on evenings and weekends beginning in September and ending in May.

The goal of this non-credit certificate program, offered at the University since 1991, is to

provide students with the knowledge, skills, and techniques necessary for the successful treatment of individuals and families afflicted by alcoholism and/or other drug addictions. This program has been highly instrumental in the professional development of individuals in the western Massachusetts area whom are currently working in or interested in becoming a part of the growing healthcare field

of addiction services.

The application and application instructions for the ACE program can be found on the website [www.westfield.ma.edu/ace](http://www.westfield.ma.edu/ace). For more information or to have an application mailed to you, contact Brandon Fredette at [bfredette@westfield.ma.edu](mailto:bfredette@westfield.ma.edu) or (413) 572-8033.

Founded in 1839 by Horace Mann, Westfield State University is an education leader

committed to providing every generation of students with a learning experience built on its founding principle as the first public co-educational college in America to offer an education without barrier to race, gender or economic status. This spirit of innovative thinking and social responsibility is forged in a curriculum of liberal arts and professional studies that creates a vital community of engaged

learners who become confident, capable individuals prepared for leadership and service to society.

For more information, visit us at [www.westfield.ma.edu](http://www.westfield.ma.edu), follow us on Twitter at [www.twitter.com/westfieldstate](http://www.twitter.com/westfieldstate), or on Facebook at <https://www.facebook.com/WestfieldStateUniversity>.

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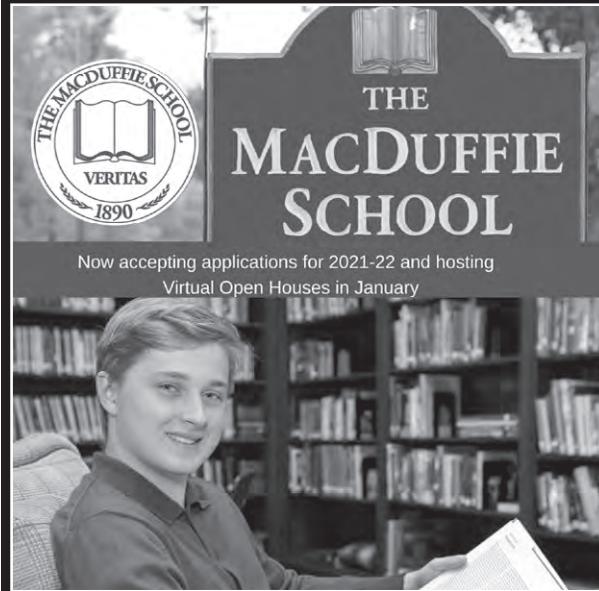
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*\*Additional requirements may be needed.*

**Classes will be held in a hybrid format on evenings and weekends starting in September.**

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**For more information, call  
(413) 572-8033 or go to  
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The first 5 years of a child's life are so important and since 1965, HCS Head Start has helped thousands of children and families prepare for school and life. We know that it takes a big heart to help shape growing minds and if you want to work with children and families in the local community, Head Start might be the place for you. The Head Start advantage offers both families and their children, birth to five, an extraordinary school readiness experience. Head Start provides access to high-quality learning, health and nutritional services, mental health services, family engagement opportunities and services to children with special needs.

Educators who decide to teach in a comprehensive early learning setting have the opportunity to work collaboratively with other specialty areas that are designed to prepare vulnerable children for future educational success. Data shows that when children are enrolled in a high quality Head Start program they are better prepared for kindergarten and beyond. One of the secrets to the success of Head Start is the recognition of parents as their child's first teacher. Staff and parents work together, learning from one another, to create the best early educational experience both at home and at preschool. This is done because when parents are involved and engaged in their child's education, children have better outcomes.

In addition to teaching, Head Start also has various career opportunities in the areas of health, nutrition, human services, administration, mental health and special education. Professional development opportunities and career ladders are built within the Head Start model to promote growth and advancement.

Holyoke Chicopee Springfield Head Start, Inc. offers programs in several cities and towns in Western Massachusetts working with over 1,000 children each year. If you are interested in a Head Start career please visit [www.hcsheadstart.org](http://www.hcsheadstart.org) or call 413-788-6522.

## HEAD START IS WITH YOU @ HOME

Holyoke Chicopee Springfield Head Start, serving pregnant moms and children from 0 - 5 years of age, is enrolling children for **Head Start @Home** — a remote early learning opportunity.

Our remote programs support children's learning with educational activities that are individualized and developmentally appropriate.

Head Start @Home also provides family engagement — including virtual parent meetings — and the continuity of comprehensive services, including health, mental health, nutrition and family services.



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## 6 steps to organize your home office

Remote working has become popular in recent years, but the "working-from-home" economy bloomed exponentially as the world was forced to confront the COVID-19 pandemic. According to Stanford economist Nicholas Bloom, as of summer 2020, 42 percent of the United States labor force was working from home full-time.

The need for home office spaces has increased as more people work from home. Many people have retrofitted various spaces around their homes into areas to get work done. More organized home work spaces can increase productivity. Individuals can follow these guidelines to create effective, organized home offices.

### Begin with the desk

The desk is the primary spot where work will take place. The right desk accessories can provide visual appeal and also serve practical purposes. Have cups for holding pens and pencils, baskets and bins for larger items, and store whatever you can elsewhere so it does not lead to clutter on the desk. Store wireless printers in a cabinet or even on a bookshelf so it doesn't take up real estate on the desk.

### Create a printing station

While you're moving that wireless printer elsewhere, designate a space to serve as the central printing hub. This way children who need to print assignments for school will



know where to go as well. Printer supplies like extra ink cartridges and printer paper can be kept in decorative storage boxes nearby.

### Increase your shelving

Shelving can help keep items organized and off the desk in home offices without closets or drawers. Look for shelves that blend in with decor but are sturdy enough to be functional.

### Organize paperwork

Figure out a system that works for you to help tidy up papers you choose to save. While some papers can be scanned and stored as digital files, color-coded file folders can organize statements and other important documents. This makes it easy to find the folder you need when looking for certain documents.

### Establish a charging station

Repurpose certain items, such as a desk organizer, into an easily accessible electronics charging station where phones and tablets can charge at one time.

### Make essential binders

HGTV suggests making binders that can store the most important papers for easy access — even in an emergency. Set up a binder for automotive paperwork, including repair receipts, a medical binder where key medical records are kept, a binder for manuals for devices in the home, and one to store financial planning documents.

These organizational tips can help remedy common problems around a home office.

## St. Thomas the Apostle School 75 Pine Street

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**In-Person Tours and Registration  
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Please call the school or email us at  
[jmwevan50@comcast.net](mailto:jmwewan50@comcast.net) to schedule a tour.

We are also available for tours during the week  
beginning on Monday, January 25 after 2:00 p.m.

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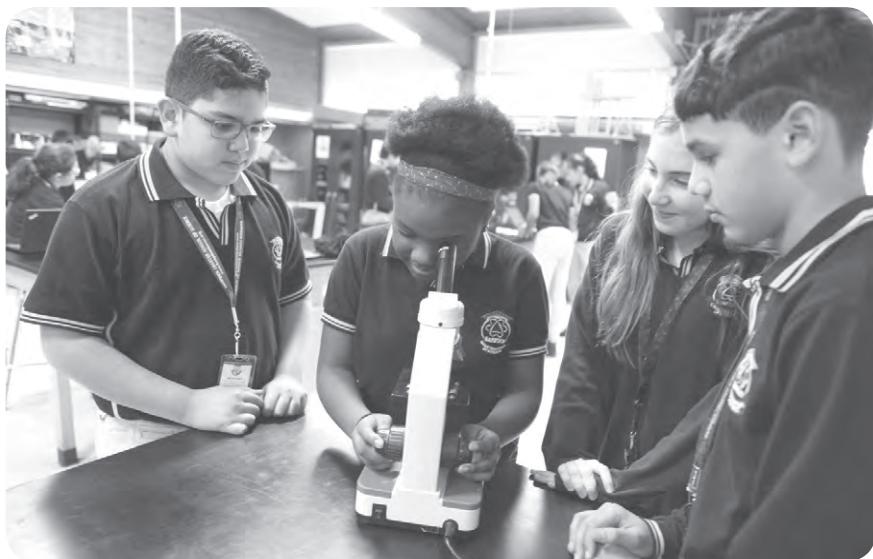




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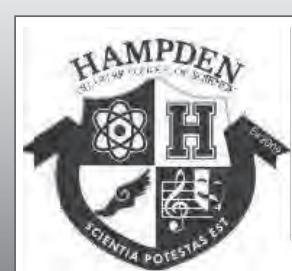
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### **HCSS - WEST**

Agawam, Holyoke, Westfield,  
West Springfield

### **HCSS - EAST**

Chicopee, Ludlow, Springfield,  
West Springfield



## PROFESSIONALS from page 12

According to Statista, finding a new job was the eighth most popular New Year's resolution in 2019. And finding a new job figures to be an even more common resolution for 2021, as the global COVID-19 pandemic of 2020 has sparked a recession that saw millions of people across the globe lose their jobs.

Professionals who want to switch careers in the near future may want to consider professions that are expected to experience significant growth in the years ahead. According to the Bureau of Labor Statistics, demand for the following professionals is expected to grow considerably between now and 2029.

- **Wind turbine service technicians**  
Expected growth (between 2019 and 2029): 60.7 percent
- **Nurse practitioners**  
Expected growth: 52.4 percent

- **Solar photovoltaic installers**  
Expected growth: 50.5 percent
- **Occupational therapy assistants**  
Expected growth: 34.6 percent
- **Statisticians**  
Expected growth: 34.6 percent
- **Home health and personal care aides**  
Expected growth: 33.7 percent
- **Physical therapist assistants**  
Expected growth: 32.6 percent
- **Medical and health services managers**  
Expected growth: 31.5 percent
- **Physician assistants**  
Expected growth: 31.3 percent
- **Information security analysts**  
Expected growth: 31.2 percent

## St. Joan of Arc School

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## JOB POSTING

# Community Engagement Coordinator

*Quaboag Hills Prevention Partnership & Town of Ware*

### **Overall Duties:**

The Community Engagement Coordinator will work closely with local, town-based prevention teams to strategically initiate, coordinate and sustain proven prevention strategies aimed at reducing underage youth and young adult alcohol, nicotine, marijuana and prescription drug use. Will attend local prevention teams meetings, assist with outreach and recruitment of local team members and will assist the local teams to create and implement annual action plans that are fully aligned with region-wide goals, objectives and action plans. He/she will work with local team 'captains' to engender support for substance use prevention. Will also work as part of the broader Prevention Partnership team to contribute to and ensure that required fiscal and programmatic reports are completed.

### **Qualifications:**

B.A. or B.S in Public Health or related field preferred. Prior experience in health-related outreach/communications, meeting facilitation, community organizing and health planning.

Knowledge of and skilled at outreach, follow-up, data collection, community presentations. Excellent writing skills, including reports and promotional materials; knowledge of the workings of municipal government; strong computer skills including knowledge of social media tools. Must demonstrate: sensitivity to, and awareness of cultural, racial, ethnic, economic, and social diversity including LGBTQ; awareness of community strengths and culture; ability to interact with a variety of stakeholders; ability to work independently and as part of a team; ability to maintain objectivity, fairness in dealing with people.

### **Salary & Hours:**

Position is a town of Ware employee and funded by a federal grant from the Substance Abuse and Mental Health Services Administration (SAMHSA); position is 28 hours per week with potential for the job to become full-time in the future. Hours are primarily 9-5 Monday through Friday; some evening/weekend meetings and events.

To apply for the position, E-mail a Cover Letter and Resume to:

Gail Gramarossa, Project Director, Quaboag Hills Prevention Partnership  
[ggramarossa@townofware.com](mailto:ggramarossa@townofware.com)



# Bringing diversity into STEM fields is this STCC grad's mission in life

By LAURIE LOISEL

SPRINGFIELD, Mass. – Vastly underrepresented in the STEM field, women and people of color often feel marginalized and unsupported in the halls of academia. That was true for Carolyn Gardner-Thomas until she came to Springfield Technical Community College, where she graduated in 1998 with an associate degree in engineering.

"STCC is where I found community – that's where I found people who looked like me and people who wanted to work with me, smaller classes, instructors I could connect with," she said. "That, coupled with the fact that it fit my budget. I could pay for the courses I was taking."

After STCC, Gardner-Thomas went on to UMass Amherst where she earned a bachelor's degree in engineering in 2000 – and years later she would go on to earn a Ph.D. in STEM education at the state's flagship campus. STEM refers to the areas of study and careers within science, technology, engineering and math disciplines. It's no secret that women and people of color don't flock to those fields.

Gardner-Thomas has devoted her career to expanding the possibilities for women and Black, Indigenous and people of color (BIPOC) in STEM, encouraging greater diversity in the field she loves. She credits her time at STCC, in part, with helping her understand how that could be done.

She ran a STEM starter academy at Holyoke Community College for a year, at UMass for three years she directed

the STEM Ambassador Program and today is co-director of the Mathematics for Teaching master's program at the Harvard Extension School.

Aminah Bergeron, in her second year at STCC majoring in mechanical engineering, is just the kind of student Gardner-Thomas wants to see entering the field. Bergeron, 27, who calls herself a "proud mom" and is working her way through college, said she has felt both welcomed and supported at STCC.

She remembers early-on a meeting with Professor Zahi Haddad when she expressed doubt about her abilities in computer science, asking if he thought she could do it. "And he responded immediately, 'yes, why not? You can do whatever you like,'" she said.

Later, thanks to encouragement from STCC Professor of Engineering and Physical Sciences Beth McGinnis-Cavanaugh, Bergeron took part in a competitive NASA program that flew her to a NASA facility in Virginia for a week. She aims to go on for a bachelor's degree in engineering after STCC, hoping eventually to land a job as an engineer at Pratt and Whitney. But she's got an even bigger dream: One day she wants to become a CEO.

Bergeron's experience may illustrate how much things have changed since Gardner-Thomas first entered the STEM field as a pre-med student in the 1980s.

Born on the Caribbean island of Antigua, Gardner-Thomas came to the United States in 1986 to attend college.

See **STCC** page 18

# Enrichment clusters still valuable during the pandemic

(One of the experiences lost last spring when we pivoted to remote instruction was the enrichment cluster. As we look ahead to this spring, we are excited to plan re-imagined clusters as we continue in-person instruction for all students at Academy Hill. To learn more about our response to the pandemic, please visit our website at [www.AcademyHill.org](http://www.AcademyHill.org)!)

At AHS, one of the most cherished and highly anticipated academic traditions are end-of-the-year enrichment clusters. Clusters, as they are more commonly known at Academy Hill, are held during a reserved three-day period the final week of school. Clusters provide students with an opportunity to explore a topic of their choice, in the company of a mixed-age group of schoolmates, in extraordinary depth. Clusters culminate with a showcase, during which students display a project or product created, or a skill acquired during the three-day period. Clusters are facilitated by school staff, parents, alumni and other community members who relish this opportunity to share their passions and professions with students.

Over the years, students have explored such diverse topics as cheesemaking, entomology, the art of pysanky, silk screen printing, dogs, and rocketry. Many of the ideas for cluster topics are generated by student interest, as exhibited over the school year. Clusters most often include a field trip or two, allowing students the chance to meet professional practitioners and take part in authentic experiences. During the last cluster cycle, a small group of middle school students explored the play Hamlet, by William Shakespeare. The cluster was facilitated by our middle school literacy teacher and an alumni parent (who is also a professor of English, specializing in Shakespeare). Cluster participants took a trip to Shakespeare & Co. in Lenox, where they enjoyed a private, customized tour that included visits to performance spaces, costume and prop shops, and the set design studio. At each location students were able to try on and try out costume pieces and props such as crowns and swords. The field trip brought their classroom cluster experience into vivid focus, sparking a strong desire in several students to learn more about Shakespeare and theater. Another cluster cooked its way through Italy, learning about the geography, culture and special cuisines of the different regions of the country. The students, ranging in grade level from 4th through 8th grade, learned a bit of the language, chose a particular region to explore in greater depth, and visited both Red Rose Pizzeria and La Fiorentina Bakery - right here in Springfield - to sample dishes and to learn more about Italian cooking and baking. The cluster was facilitated by an administrator of Italian heritage, as well as our Latin and Classics teacher; the latter bringing her vast knowledge of the Italian peninsula to the experience. The cluster culminated in a day of preparing and then



sharing the students' homemade Italian food with guests.

Families, homeschool groups and moms/dads clubs might easily replicate the enrichment cluster experience for their own children and their friends. Clusters are a wonderful way to pass several days during a school vacation week. They also give new meaning to staycations, and might serve to prevent a "summer slide" as they help energize students before the return to school in September. Clusters can be quite manageable to organize and carry out, with just a little pre-planning. Start with what interests your children. When you pick a top that fascinates children, you pave the way for a fun, interactive experience. The first day should include an exploration of the topic, providing an opportunity for the children to learn more about the subject of the cluster. You might use clips from documentaries, you might take a trip to the local library, or you might create an extensive web search and scavenger hunt based on the topic. On day one you can also decide what project you might want to create or what skill you might want to cultivate as you learn more about this topic. Usually, day three or four is reserved for creating and showcasing projects and skills. Next, explore what businesses, museums, historical sites, farms or other places in the area might be open to a visit. Clusters are most meaningful when they are authentic. Alternately, there may be a practicing professional who is open to a virtual field trip or interview. Model creativity for your children as you seek out an immersive opportunity that will allow your children to understand how their interests might turn into careers or vocations. Librarians and museum staff can be extremely helpful with this step! Finally, allow your children time to create a project or product based on what they learned, and encourage them to share their creations and new skills with others.

To learn more about Academy Hill and our unique educational programs for students PreK – grade 8, please visit [www.AcademyHill.org](http://www.AcademyHill.org). We are now accepting application for the 2021 – 2022 school year (there are limited openings in PreK and Kindergarten for the current year).

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## STCC from page 17

A student at UMass Amherst as a pre-med major, she found herself increasingly unhappy.

"I felt like it was a space that did not welcome me and who I was, and it wasn't that anybody was mean," she said. "You feel yourself to be excluded and invisible yet in other ways hyper-visible."

She quit the program in her senior year and worked in various fields, including in payroll, that used her passion and talent in mathematics. Later, working at an engineering firm, she discovered she had love for and skill in engineering, and was promoted to an engineering position without the degree. The company encouraged her to earn her degree, which is when she enrolled at STCC and found her home.

Gardner-Thomas believes what she found at STCC – and what can be offered in an intentional way at other institutions – is building a sense of community for people who feel sidelined and invisible by offering study groups, inviting people for dinner, having social events, "so you feel like you have a family away from your home." Another strategy is to pair-up newer students with others who are more seasoned in a supportive, mentoring relationship.

"That is what I instill in the students I work with – that as you go through, you pave the way for others to come through," she said.

Women on the STEM faculty at STCC are trying to do just that. McGinnis-Cavanaugh, a 1998 STCC graduate, said she was very often the only woman in the classroom during her time at STCC and also at UMass, where she graduated in 2001. And the numbers of women in STEM majors are still too low, she contends, which is why in 2014 she started a STCC chapter of the Society of Women Engineers and opened it to all women in any STEM major.

"I just thought it would be great for our students to have an organization that valued them," she said. "It just really opens their eyes to what's out there in the world in terms of STEM pathways."

McGinnis-Cavanaugh says over her 16 years on the STCC faculty, while she's seen improvement in the situation for women in STEM, she's not satisfied.

"I think it's better, but I don't think it's good," she said. "I think we have a ways to go on that."

Barbara Washburn, interim dean of the STEM school at STCC, said she believes raising awareness in the general public about what STEM fields are will help open doors for women, as do special programs that provide guidance and mentorship to young women in the field.

Gardner-Thomas contends STCC is an institution that in a sense has no choice but to be welcoming because of the people who attend.



Carolyn Gardner-Thomas Beth McGinnis-Cavanaugh Aminah Bergeron

"Naturally you will see people that look like you. I'm a big advocate for community colleges that sit in the inner city," she said. "That is an environment that has to be welcoming because that's who's there."

Meanwhile, Gardner-Thomas was among several speakers featured at a STEM careers symposium held in October 2020. In her talk, she ticked off a list of the problems facing the world that the STEM field will be instrumental in addressing, issues such as health crises (including COVID), climate challenges, food and water insecurity, and equity in education.

"The list is long and we need you – we need all of who you are. We need people that look like you with your unique identities and intersectionalities of identities so if you are an immigrant, Black, a woman like

myself, we need your experiences; we need your background," she said. "This is the way we're going to be able to solve problems."

Aminah Bergeron is among those who has gotten that message loud and clear.

"STEM has always been a male-dominated field, but with the future generation we can change that," she said. "I encourage women to pursue a career in STEM. When women come together and work with each other, we come up with ideas that are out of the ordinary."

Interested in applying to STCC? Visit [stcc.edu/apply](http://stcc.edu/apply) or call Admissions at (413) 755-3333.

About Springfield Technical Community College

STCC, the Commonwealth's only technical community college, continues the pioneering

legacy of the Springfield Armory with comprehensive and technical education in manufacturing, STEM, healthcare, business, social services, and the liberal arts. STCC's highly regarded workforce, certificate, degree, and transfer programs are the most affordable in Springfield and provide unequalled opportunity for the vitality of Western Massachusetts. Founded in 1967, the college – a designated Hispanic Serving Institution – seeks to close achievement gaps among students who traditionally face societal barriers. STCC supports students as they transform their lives through intellectual, cultural, and economic engagement while becoming thoughtful, committed and socially responsible graduates.

## JOB POSTING

# Youth Engagement Coordinator *Quaboag Hills Prevention Partnership & Town of Ware*

### **Overall Duties:**

The Youth Engagement Coordinator will strategically identify, recruit, and engage with individuals and organizations serving youth and young adults to bring a 'youth voice' and participation into planning processes and activities that deliver proven prevention strategies to reduce youth substance use in the Quaboag Hills region. The Youth Engagement Coordinator will continually help build the capacity of and sustain the Partnership's work with youth on underage drinking, nicotine and marijuana use, insuring that programs and activities are youth-driven and youth-led. Will work with Prevention Partnership team to ensure that required reports and data collection are completed.

### **Qualifications:**

B.A. or B.S in Public Health or related field preferred. Prior experience in health-related outreach/communications with youth and young adults, community organizing and health planning. Understands unique needs of and works effectively with youth/ young

adults. Excellent writing skills, including promotional/outreach materials; knowledge of the workings of municipal government; strong computer skills including knowledge of social media tools that reach youth. Must demonstrate: sensitivity to, and awareness of cultural, racial, ethnic, economic, and social diversity including LGBTQ; awareness of community strengths and rural culture; ability to interact with a variety of stakeholders; ability to work independently and as part of a team; ability to maintain objectivity, fairness in dealing with people.

### **Salary & Hours:**

Position is a Town of Ware employee and funded by a federal grant from the Substance Abuse and Mental Health Services Administration (SAMHSA); position 28 hours per week with potential for the job to become full-time in the future. Hours are primarily 9-5 Monday through Friday; some evening/weekend meetings and events.

**To apply for the position, E-mail a Cover Letter and Resume to:**

**Gail Gramarossa, Project Director, Quaboag Hills Prevention Partnership**  
[ggramarossa@townofware.com](mailto:ggramarossa@townofware.com)



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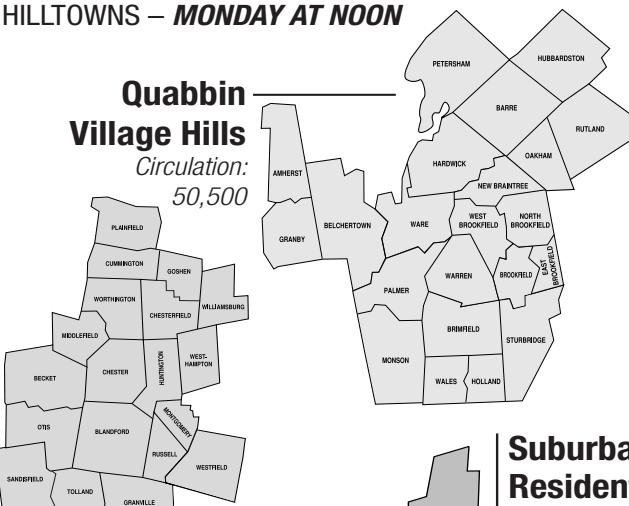
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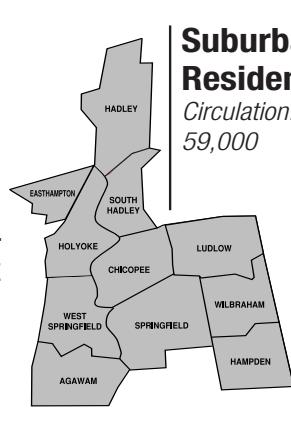
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